NEWSSTAND MAGAZINE OF THE YEAR 2024

AirFryer COOKBOOK

How to cook almost anything in your air fryer

ISSUE 12 MARCH/APRIL 2025

116 RECIPES & TIPS

Everyday Easy

Create simple & delicious feel-good meals for the whole family

ANTHEM PUBLISHING

Issue 12
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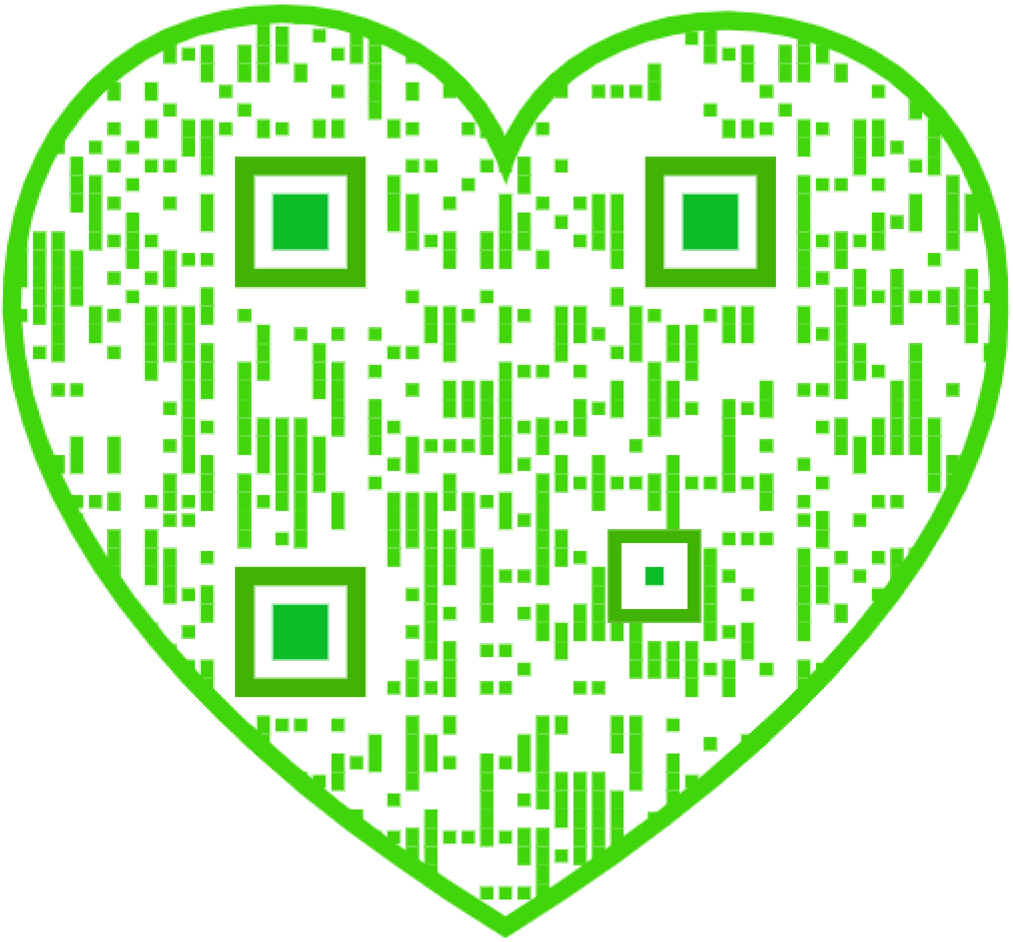
Including:
Your perfect Easter lunch & sweet treats

15 DO'S & DON'TS FOR **Frozen Food**

EASTER CLASSICS MIDWEEK MEALS LIGHT LUNCHES WEEKEND TREATS & MORE!



Welcome

Welcome to our latest *Air Fryer Cookbook*, where you will find more than 116 tips, tricks and recipes to give you all the inspiration you need to create fantastic dishes with your air fryer. From easily actionable do's and don'ts when cooking with an air fryer, to the basics of making it work to its full potential, we make the complicated look easy and the Everest a mere stroll up a hill.

As we edge out of winter and look forward to Easter, we've got a bumper recipe section where you will find a host of classic seasonal dishes to create during the holidays, while we also feature our regular recipe segments including light lunches, midweek meals, weekend delights and of course sweet treats. There's also a 'Friday night in' section where you can find all your takeaway favourites that you can make in the comfort of your own home!

We aim to make your air frying journey as simple and as easy as possible, so you can create fantastic meals for the whole family to enjoy with the minimum of fuss. Enjoy!

Nick

Selected cover images: Stockfood, stock.adobe.com

AirFryer
COOKBOOK
116 RECIPES & TIPS
Everyday Easy

Editor:
Nick Gregory
nick.gregory@anthem.co.uk

Healthy Eating was awarded Newsstand Magazine of The Year at the ACE Newspaper & Magazine Awards 2024.

We love...

Back to Basics: What exactly is an air fryer, how does it work, and what can you do with it? Dive into the basics and explore why this appliance has revolutionised home cooking **on page 8.**

Baking it Easy: Food creator Eloise Head has an army of over 2 million home bakers that follow her on her culinary journey, and here she talks everything air fryer and provides us with three fantastic recipes from her new book *Fitwaffle's Baking It Easy* **from page 41.**

Cooking from Frozen: 'The Queen of Air Fryers' Cathy Yoder gives her tips and tricks for cooking frozen food, with all the do's and don'ts to make your air fryer meals perfect every time **on page 66.**

Get the most out of your air fryer with our simple guide to cooking times of all your favourite foods on page 46.

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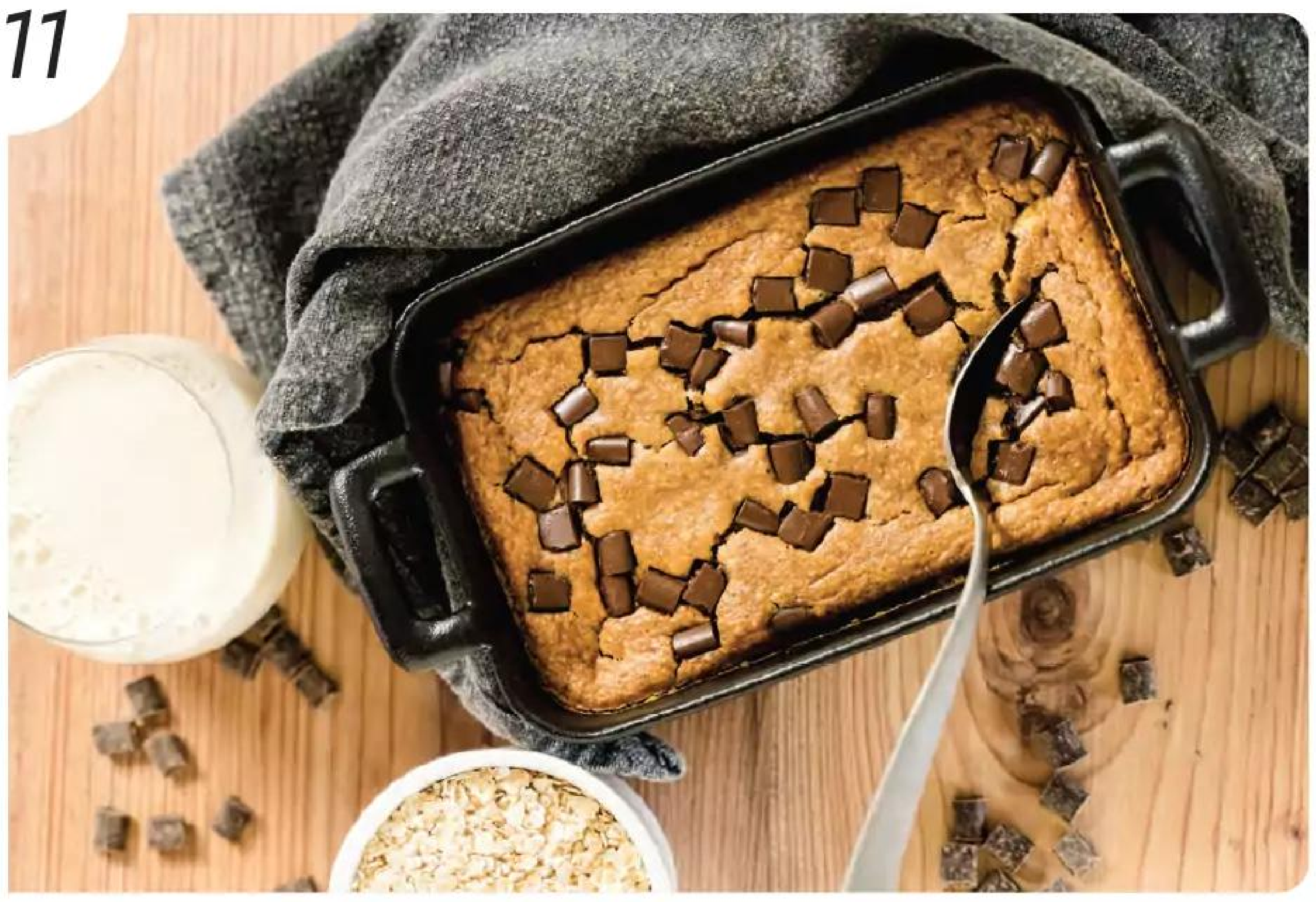

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AirFryer COOKBOOK

Anthem Publishing Ltd, Media House,
1 Widcombe Parade, Bath, BA2 4JT

EDITOR
Nick Gregory
nick.gregory@anthem.co.uk

ART EDITOR
Sarah Clark
sarah.clark@anthem.co.uk

MANAGING DIRECTOR
Sally FitzGerald
sally.fitzgerald@anthem.co.uk

HEAD OF ADVERTISING
Megan Gibbings
megan.gibbings@anthem.co.uk

HEAD OF MARKETING
Cara Northcott
cara.northcott@anthem.co.uk

DIRECT MARKETING MANAGER
Rosie Pankhurst
rosie.pankhurst@anthem.co.uk

LICENSING **Regina Erak**
regina.erak@globalworks.co.uk

CHIEF CREATIVE OFFICER **Jenny Cook**

CEO **Jon Bickley**

PRINT
William Gibbons & Sons Ltd
Tel +44 (0) 1902 730011

DISTRIBUTION
Marketforce UK
121-141 Westbourne Terrace,
London W2 6QA
0330 390 6464
Hello@Marketforce.co.uk

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Paul Pettengale, Simon Lewis, Jon Bickley

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AIR FRYERS: BACK TO BASICS

Air fryers have rapidly gained popularity, but what exactly is an air fryer, how does it work, and what can you do with it? If this is your first time picking up the magazine, Clare Andrews helps you to dive into the basics and explore why this appliance has revolutionised cooking...

THE ULTIMATE
Air Fryer
COOKBOOK
ONE BASKET MEALS

Presenter and author Clare Andrews' (*@airfryeruk*) new book ***The Ultimate Air Fryer Cookbook: One Basket Meals*** is available now from Amazon.

I OFTEN GET ASKED, what is an air fryer? An air fryer, in its simplest terms is a countertop kitchen appliance that uses convection to circulate hot air around food, producing a crispy texture like deep frying but with significantly less oil. While the name suggests frying, it's more accurate to think of an air fryer as a compact, high-powered convection oven.

So, I wanted to let you know just a little bit about how an air fryer works and the key to an air fryer's functionality, which ultimately lies within its design. One of the most important parts is the heating element, which in most units is located near the top of the unit. This generates the heat required to cook food. And the fan, positioned above the heating element, rapidly circulates hot air throughout the cooking chamber. This in turn heats the basket or tray which the food is placed on, allowing air to flow evenly around it. The combination of intense heat and air circulation gives air fried foods their characteristic flavour and golden-brown colour, and that super crispy crunch.

The benefits of using an air fryer are that they use up to 80% less oil than traditional frying methods, reducing fat and calorie content without sacrificing flavour. Also, the time saving aspect, where preheating and cooking times are often shorter than conventional ovens. Air fryers have so many benefits too, beyond just 'frying'. They can bake, roast and even grill. And most air fryer components are dishwasher-safe, making cleaning quick and hassle-free, which makes using them even easier.

Mastering a few basic cooking techniques will help you get the most out of your air fryer. Here are some tips to ensure your food turns out perfectly every time:

↑ SHAKING AND FLIPPING

For even cooking, it's important to shake or flip your food halfway through the cooking process. This is especially true for smaller items like chips or chopped vegetables. Simply pull out the basket, give it a good shake or use tongs to flip the food, then continue cooking.

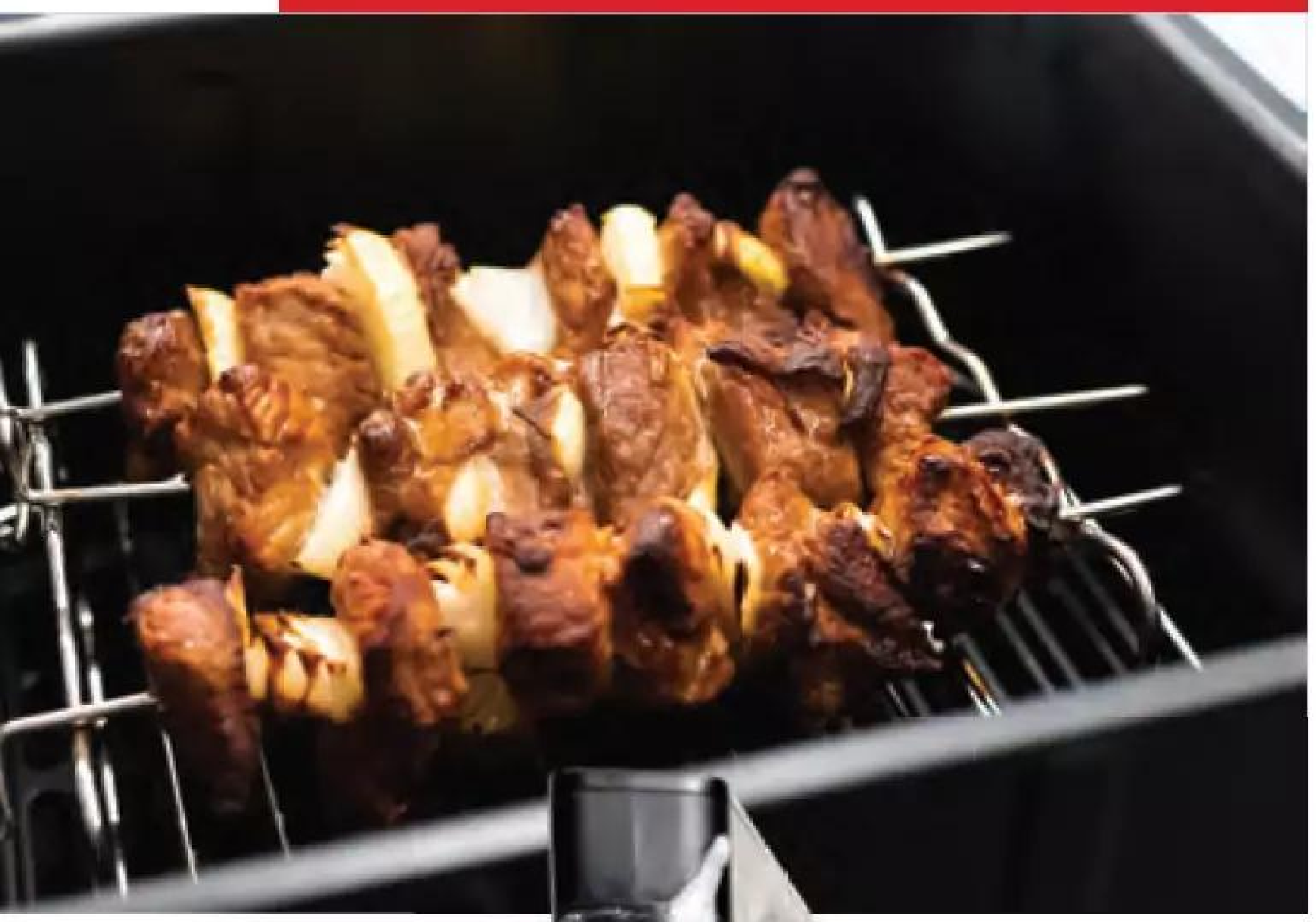
→ LAYERING AND SPACING

Avoid overcrowding the basket. Foods need space for the hot air to circulate properly. If you layer food too thickly, it won't cook evenly, and you might end up with some pieces being overcooked while others are undercooked. Cook in batches if necessary to ensure each piece gets crispy and delicious.

Images: stock.adobe.com

USING ACCESSORIES

Some air fryers come with or offer additional accessories like racks, skewers or baking pans. These can help you expand your cooking repertoire. For example, a rack can allow you to cook multiple layers of food at once, and skewers are perfect for making air fryer chicken kebabs.



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CLEANING

Keeping your air fryer clean and well-maintained will ensure it continues to function properly and lasts for years. Here are some tips to help you keep your appliance in top condition:

Daily cleaning

– After each use, allow the air fryer to cool down completely.

– Remove the basket and any other removable parts and wash them in warm, soapy water. If they're dishwasher-safe, you can pop them in the dishwasher.

– Wipe down the interior and exterior of the air fryer with a damp cloth.

– Avoid using abrasive sponges or harsh cleaning agents, as these can damage the non-stick coating.

Long-term maintenance

– Regularly check the heating element and fan for any build-up of grease or food particles. Clean these areas carefully with a damp cloth.

– Additionally, keep an eye on the condition of the basket and tray. If you notice the non-stick coating is wearing off, it might be time to replace them to maintain optimal cooking

BEGINNINGS

When I first started to cook with my air fryer these are the common foods I started with, just to get me used to it, as it took me some time to learn how it works, times and temperature etc.

– **French fries and chips:** They are a game changer as they achieve crispy results with minimal oil.

– **Chicken wings and nuggets:** You can enjoy a crunchy exterior and juicy interior, without all the oil.

– **Vegetables:** Roast carrots, Brussels sprouts or courgettes for a healthy side dish.

Air fryers really have transformed how we approach cooking, offering a healthier and more efficient way to prepare our favourite dishes. Whether you're new to air frying or looking to expand your culinary repertoire, mastering the basics is the first step to making the most of this innovative appliance. With a bit of practice, you'll discover endless possibilities and a newfound appreciation for this modern kitchen marvel. Once you start to get to know your air fryer, you'll find you will be using it every day, not only saving you time, but money too!

Rise and shine!

Breakfast RECIPES

Start the day the right way with a yummy and hearty plate of joy!

BAKED EGGS – P14

Breakfast bowl

By Cathy Yoder

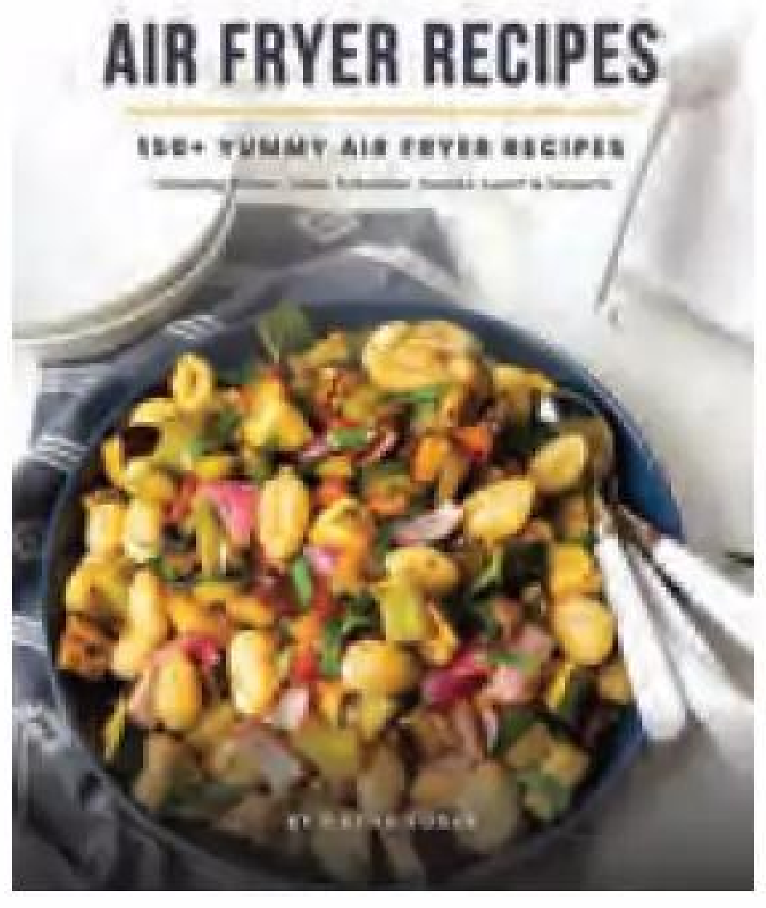
Serves **2-4** | *Prep* **5 mins** | *Cook* **15 mins**

5-6 chicken nuggets
10 hash browns
4 free-range eggs
60ml (¼ cup) milk
60-120g (¼-½ cup) Cheddar, grated
spray oil

1. Spread the chicken nuggets and hash browns in an even layer in the air fryer basket and cook for 6 minutes at 200°C/400°F. Decrease the cooking time if cooking from refrigerated leftovers.
2. Whisk together the eggs and milk in a small bowl. Remove the nuggets and hash browns from the basket and chop into bite-sized pieces or chunks.
3. Lightly spray an air fryer safe dish, add the nuggets and hash browns, add the egg mixture and lightly mix together. Carefully place the dish in the air fryer basket, then cook for 7 minutes at 80°C/150°F.
4. Stir the contents of the dish around to lightly scramble the eggs. Cook for an additional 5 minutes at 180°C/350°F. Check the eggs to make sure they are cooked through to your liking. Add any additional time if needed. The cooking time may vary depending on the size of the dish you are using.
5. Add the cheese to the top of the breakfast bake and cook for an additional minute or two, or until the cheese is melted. If your cheese blows around in the air fryer, layer the dish with cheese and place it back in the warm air fryer without turning it on. Because the cheese is warm it should melt the cheese after a couple of minutes.

***TIP:** You can make this recipe more tasty and colourful by adding vegetables – bell peppers, courgette, spinach, mushrooms or onion work wells. Sauté the vegetables (on a hob or in the air fryer) before adding them to the breakfast bowl.*

Recipe taken from *Air Fryer Recipes: 100+ Yummy Air Fryer Recipes* by *Cathy Yoder*, published by Fabulessly Frugal, £23.



PER SERVING:
Calories: **372,** Fat **24.8g,** Saturates **9g,** Carbohydrate **15.7g,** Sugars **1.1g,** Fibre **1.6g,** Protein **22.4g,** Salt **0.3g**

Maple baked French toast

By Dominique Eloïse Alexander and Isobel Hossack

Serves **2** | *Prep* **20 mins** *plus soaking* | *Cook* **15-20 mins**

- 1 large free-range egg
- 1 tsp ground cinnamon
- 1 tsp vanilla paste
- a pinch of salt
- 100ml (½ cup) milk
- 3 tbsp maple syrup
- 2 very thick slices of soft white bread, about 100g (3½oz) each
- 1 tbsp soft light brown sugar
- 10g (¼oz) salted butter, cut into small cubes

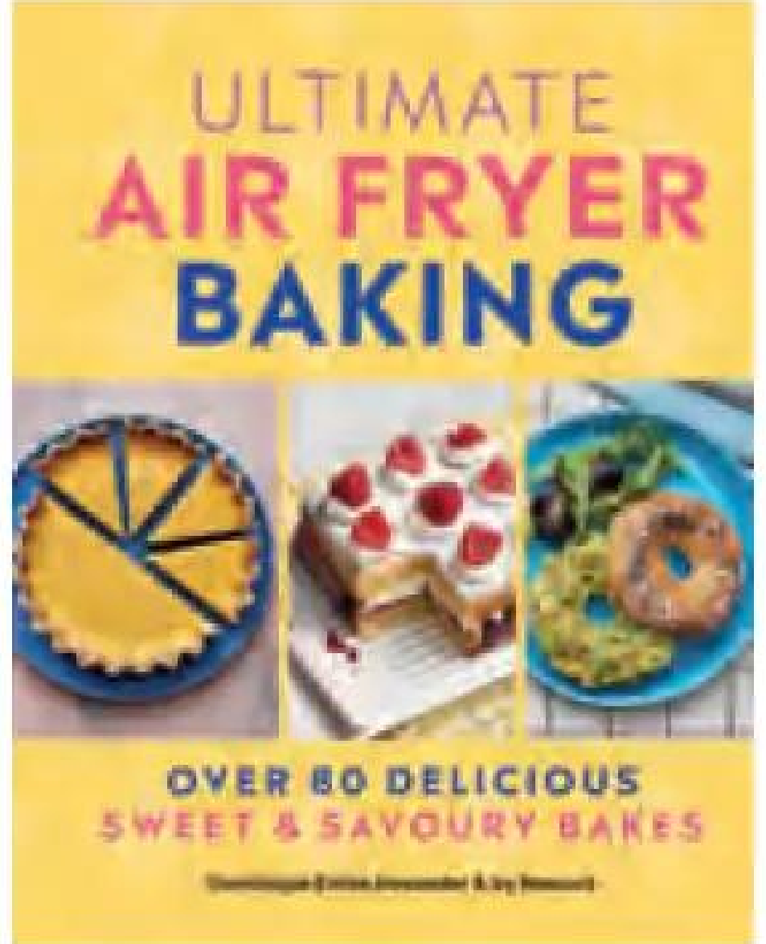
TO SERVE

- salted butter
- Greek yoghurt
- fresh berries

1. Mix the egg, cinnamon, vanilla and salt in a wide, shallow dish. Pour in the milk and 1 tbsp maple syrup, then whisk to combine fully.
2. Add the bread slices and turn to coat fully in the milk mixture. Let them sit for 10 minutes to absorb the remaining liquid, flipping them over halfway through to get them evenly soaked.
3. Add a liner to your air fryer. Sprinkle the sugar over the base and drizzle with 1 tbsp maple syrup. Dot with the butter cubes, spacing them out evenly.
4. Place the soaked bread slices on top of the butter and air fry at 180°C/350°F for 10-15 minutes, flipping them over halfway, until starting to caramelise.
5. Pour ½ tbsp maple syrup over each bread slice and return to the air fryer for a final 5 minutes to get crispy.
6. Remove from the air fryer to plates and serve with a pat of salted butter on top, and yoghurt and berries on the side.

***TIP:** It's best to buy an unsliced white bread loaf from the bakery section of the supermarket and use that to get your thick slices of bread. You can easily double the recipe, but you'll likely need to air fry it in batches.*

Recipe taken from *Ultimate Air Fryer Baking* by *Dominique Eloïse Alexander* and *Isobel Hossack,* published by Hamlyn, £22.



PER SERVING:

Calories: **544,** Fat **19.4g,** Saturates **10g,** Carbohydrate **75.9g,** Sugars **29g,** Fibre **3.4g,** Protein **15.9g,** Salt **0.8g**

Baked eggs

By Waitrose and Partners (www.waitrose.com)

Serves **4** | *Prep* **5 mins** | *Cook* **25 mins**

- 2 x 400g (14oz) tins of chopped tomatoes
- 2 tsp Cooks' Ingredients Peppery Pul Biber/chilli flakes
- 1 onion, peeled, finely chopped
- 2 garlic cloves, peeled, finely chopped
- 1 red pointed pepper, deseeded, sliced into thin rings
- 4 free-range eggs
- freshly ground black pepper
- ½ x 25g (1oz) pack of flat-leaf parsley, chopped
- crusty bread, to serve (optional)

1. Remove the basket of the air fryer and heat to 180°C/360°F. Mix together the chopped tomatoes, pul biber, onion, garlic and red pepper, then spoon into the main cooking pan of the air fryer. Cook for 20 minutes, then stir.
2. Open the lid of the air fryer and crack 4 eggs on top of the tomato mixture. Season with freshly ground black pepper and cook for a further 3-4 minutes until the eggs are cooked through to your liking. Scatter with the chopped parsley and serve with crusty bread, if desired.

PER SERVING:

Calories: **119,** Fat **4.7g,** Saturates **1.5g,** Carbohydrate **12.6g,** Sugars **7.3g,** Fibre **3.3g,** Protein **8.1g,** Salt **0.1g**

Recipe and photo © Stockfood, The Food Media Agency

Baked oat cake with bananas and peanut butter

Serves **4** | *Prep* **10 mins** | *Cook* **20 mins**

- spray oil
- 1½ very ripe bananas
- 150g (1 cup) oats
- 5 tbsp maple syrup
- 4½ tbsp peanut butter
- 1 tsp vanilla extract
- 3 tsp baking powder
- 1-2 pinches of salt
- 240ml (1 cup) plant-based milk, e.g oat milk
- 4 tbsp dark chocolate chips

1. Preheat the air fryer to 160°C/320°F and grease two small loaf tins (approx. 9x16cm (4x7in)) with cooking spray.
2. Peel and slice the bananas. Place in a blender with the oats, maple syrup, peanut butter, vanilla extract, baking powder and salt. Add the milk and blend everything until smooth.
3. Pour the mixture into the tins and smooth the surface. Evenly sprinkle the chocolate chips on top. Place the tins in the air fryer basket and cook for 20 minutes until golden and set. Serve warm.

***TIP:** If needed, place the tins on grill racks stacked above each other in the basket or cook them one after the other. Alternatively, use a larger 19cm (8in) square tin.*

PER SERVING:

Calories: **456,** Fat **16.4g,** Saturates **6.9g,** Carbohydrate **68g,** Sugars **30.8g,** Fibre **7.4g,** Protein **11.4g,** Salt **0.4g**

Seasonal favourites!

Easter Classics

RECIPES

Create traditional Easter recipes with air fryer ease...

STUFFED TURKEY BREAST WITH WILD GARLIC AND ASPARAGUS – P20

Recipe and photo © Stockfood, The Food Media Agency

Salmon fillet in puff pastry with spinach and cream cheese

Serves **4** | *Prep* **20 mins** | *Cook* **25 mins**

- 1 tbsp butter
- 1 red onion, peeled, diced
- 1 garlic clove, peeled, diced
- 200g (7oz) spinach, roughly chopped
- salt and freshly ground black pepper
- freshly grated nutmeg
- ½ a handful of herbs, washed, e.g. parsley, chives, cress
- 150g (⅔ cup) cream cheese
- 80g (⅓ cup) sour cream
- 2 free-range eggs
- ½ tsp finely grated lemon zest
- 240g (8oz) skinless salmon fillet, cut into 4 pieces
- 1 ready-rolled puff pastry sheet
- 1-2 tbsp breadcrumbs
- 2 tbsp milk
- spray oil
- cress, to garnish

1 Heat the butter in a pan and gently fry the onions and garlic until softened. Add the spinach, cover and cook for 3 minutes until wilted. Season with salt, pepper and nutmeg. Place the mixture in a sieve and press well to remove and excess liquid. Add half the herbs.

2 Mix the cream cheese with the sour cream and 1 egg until smooth. Add the remaining herbs and lemon zest, then season to taste.

3 Preheat the air fryer to 180°C/360°F. Season the salmon with salt and pepper. Unroll the puff pastry and cut into 8 rectangles. Sprinkle the centre of 4 pieces with breadcrumbs. Place the spinach on top, then top with the salmon and cover with the cream cheese mixture. Separate the remaining egg and brush the pastry edges with the egg white.

4 Roll out the remaining pastry rectangles slightly larger, cut 5 slashes across each one, leaving a 2cm (¾in) border around the edge. Place over the salmon and press the edges with the prongs of a fork to seal. Mix the egg yolk with milk and brush over the pastry parcels with it.

5 Spray the air fryer basket with oil, place the parcels inside and cook for 20 minutes until golden brown. Arrange the parcels on a plate, garnish with cress and serve.

PER SERVING:

Calories: **539,** Fat **37.4g,** Saturates **16.g,** Carbohydrate **16.3g,** Sugars **3.9g,** Fibre **2g,** Protein **34.3g,** Salt **0.7g**

Recipes and photos on this page © Stockfood, The Food Media Agency

Ham, spinach and tomato egg cups

Makes **6** | *Prep* **10 mins** | *Cook* **8 mins**

a handful of baby spinach
salt and freshly ground black pepper
12 slices of thin cut ham, halved if needed
6 free-range eggs
3 cherry tomatoes, halved

1. Briefly blanch the baby spinach in boiling salted water, cool quickly, then pat dry to remove as much excess liquid as possible.
2. Preheat the air fryer to 180°C/360°F.
3. Line 6 silicone moulds (or 6 cups of an air fryer muffin tin) with the ham. Crack the eggs and carefully slide them into the cups, then season with salt and pepper. Put a little spinach and tomato half on top of each.
4. Place the moulds (or tin) in the air fryer basket and cook for 8 minutes until the egg white is set but the yolk is still soft.
5. Loosen the cups from the moulds, arrange on plates, top with a grinding of pepper, then serve.

***TIP:** If you have a large air fryer in oven form, you can also use a 6-cup metal muffin tin and grease the cups with oil. For a firm yolk, cook the eggs for about 10 minutes.*

PER EGG CUP:

Calories: **374,** Fat **23.9g,** Saturates **7.7g,** Carbohydrate **3.1g,** Sugars **1.3g,** Fibre **0.6g,** Protein **34.6g,** Salt **0.7g**

Stuffed roast lamb

Serves **4** | *Prep* **20 mins** | *Cook* **50 mins**

1kg (2lb 2oz) rolled lamb shoulder
salt and freshly ground black pepper
200g (7oz) feta, cubed
2 handfuls of parsley, roughly chopped
1 mint sprig, roughly chopped
5 tbsp olive oil
2 garlic cloves, peeled, thinly sliced
5-6 thyme sprigs, leaves picked

1. Pat the lamb dry, spread out flat, then season lightly with salt and pepper. Place the feta in a bowl, add the parsley, mint and 2 tbsp oil. Mix well and season with pepper. Spread the mixture over the lamb, roll up again and tie into shape with kitchen string.
2. Preheat the air fryer to 200°C/400°F. Season the lamb with salt and pepper. Heat 2 tbsp oil in a pan or roasting tin, add the lamb and brown all over. Spray the air fryer basket with oil and place the lamb inside. Reduce the temperature to 170°C/340°F and cook for 25 minutes.
3. Meanwhile, mix the garlic, thyme and remaining oil together.
4. Remove the basket, turn the lamb, spoon or brush the garlic-thyme mixture on top, then cook for another 25 minutes. Remove, cover the lamb loosely with foil, and rest for 5-10 minutes. Slice and serve.

PER SERVING:

Calories: **671,** Fat **48.3g,** Saturates **18.2g,** Carbohydrate **2.9g,** Sugars **2.1g,** Fibre **0.2g,** Protein **56.7g,** Salt **0.8g**

Perfect sides for your Easter dinner

By Clare Andrews (@airfryeruk)

Image generated by AI

Yorkshire puddings

Serves **4** | *Prep* **5 mins** | *Cook* **12 mins**

- 2 free-range eggs
- 115ml (½ cup) full-fat fresh milk
- 115g (1 cup) plain/all-purpose flour
- 1 tbsp vegetable oil
- a pinch of salt

1 Sift the flour into a large mixing bowl, then crack in the eggs and add the milk. Using an electric hand whisk, combine the ingredients until the mixture is nice and smooth, then allow the batter to rest for at least 30 minutes. Line a 4-hole muffin tin with vegetable oil.

2 Place the tin into the air fryer and preheat to 190°C/380°F. Once at temperature, add in the batter to the dish inside the air fryer drawer. Close the drawer again and cook for 10-12 minutes or until the puddings have risen and are crispy and golden outside.

PER SERVING:
Calories: **326,** Fat **16.2g,** Saturates **4.9g,** Carbohydrate **24.2g,** Sugars **2g,** Fibre **0.8g,** Protein **19.1g,** Salt **0.3g**

Roast potatoes

Serves **4** | *Prep* **10 mins** *plus soaking* | *Cook* **10 mins**

- 200g (7oz) your favourite roasting potatoes
- olive oil spray
- salt and freshly ground black pepper

1 Thinly slice the potatoes and left them to soak in water for about an hour to remove some of the starch which helps stop them sticking together in the air fryer.

2 Remove the slices from the water and dry them with a tea towel or kitchen towel. Sprayed with a little olive oil, place them in the air fryer, trying not to overlap them, then cook at 200°C/400°F for about 10 minutes, depending on how thick you cut the potatoes. Shake the basket a couple of times during the cooking process.

PER SERVING:
Calories: **210,** Fat **2.2g,** Saturates **0.3g,** Carbohydrate **43.7g,** Sugars **2g,** Fibre **5.5g,** Protein **5.1g,** Salt **0.4g**

Cauliflower cheese

Serves **4** | *Prep* **5 mins** | *Cook* **10-12 mins**

240g (9oz) cauliflower florets

A jar of cheese sauce (or you can make a simple roux sauce with added cheese)

a handful of grated mozzarella or Cheddar

Worcestershire sauce

salt and freshly ground black pepper

fresh coriander, chopped, to garnish

1 Par boil the cauliflower florets to soften them a little, either in a microwave or on the hob in boiling water for about 5 minutes. Drain and place into an ovenproof dish that fits in your air fryer.

2 Cover the cauliflower with the cheese, then sprinkle over the cheese and add a splash of Worcestershire sauce.

3 Place the dish in the air fryer and cook at 180°C/360°F for 10-12 minutes. If you like a really crispy topping, then turn up the air fryer to max for the last 2 minutes. This will turn the cheese golden brown on the top.

4 Serve with a sprinkling of fresh coriander.

PER SERVING:

Calories: **173,** Fat **12.8g,** Saturates **7.3g,** Carbohydrate **4.9g,** Sugars **2.7g,** Fibre **1.2g,** Protein **10.4g,** Salt **0.5g**

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Vegetable slaw

Serves **4** | *Prep* **10 mins** | *Cook* **10 mins**

½ a red cabbage, thinly sliced

1 apple, thinly sliced

2 carrots, peeled, julienned

olive oil spray

FOR THE DRESSING

1 tbsp runny honey

1 tbsp wholegrain mustard

1 tbsp apple cider vinegar

TO SERVE

chopped hazelnuts

a little fresh parsley

1 Thinly slice the cabbage, then separate the leaves before adding to a mixing bowl. Add the carrots and apple, spray over a little vegetable oil, then shake the bowl until everything is well coated.

2 Remove the crisp plate from the air fryer drawer before you add the mixed vegetables. Cook for 10 minutes at 180°C/360°F, giving the veggies a good stir or shake a few times during the process.

3 Mix together the dressing ingredients, then pour over the veggies once they are cooked. Top with hazelnuts and a little parsley before serving.

PER SERVING:

Calories: **54,** Fat **0.8g,** Saturates **0.1g,** Carbohydrate **12g,** Sugars **8.7g,** Fibre **2g,** Protein **1g,** Salt **0.1g**

Stuffed turkey breast with wild garlic and asparagus

Serves **4-6** | *Prep* **25 mins** | *Cook* **1 hr**

500g (1lb 1oz) asparagus

salt and freshly ground black pepper

2 handfuls of wild garlic, coarse stems removed

a handful of parsley, leaves picked

3 tbsp olive oil

1kg (2lb 2oz) turkey breast, ready to roll

spray oil

160g (5½oz) streaky bacon

FOR THE POTATOES

1kg (2lb 2oz) small new potatoes

2 tbsp vegetable oil

1 tsp paprika

a pinch of chilli powder

TO GARNISH

sea salt

1 tbsp chopped herbs, e.g. chives, wild garlic

1 tsp edible flowers, e.g. chive blossoms

1 Cook the asparagus in boiling salted water for 4-5 minutes. Drain, refresh under cold water, then drain well. Blend the wild garlic and parsley with the olive oil into a fine paste. Season with salt.

2 Season the turkey with salt and pepper and spread over the herb paste. Layer the asparagus spears on top and roll up the meat. Tie the roll with kitchen string. Season with salt and pepper.

3 Preheat the air fryer to 200°C/400°F and spray the basket with oil.

4 Place the rolled turkey inside the basket and cook at 170°C/340°F for 30 minutes. Remove the basket, carefully turn the roast, layer with bacon rashers, slightly overlapping, then cook at 160°C/320°F for another 20-25 minutes until cooked through.

5 Meanwhile, mix the potatoes in a bowl with the oil, paprika and chilli powder. Remove the roast and keep warm in a low oven. Place the potatoes in the air fryer basket and cook at 200°C/400°F for 20 minutes until golden brown, turning halfway through.

6 Arrange the turkey on a platter and spread the potatoes around. Lightly sprinkle everything with sea salt, herbs and edible flowers before serving.

PER SERVING:

Calories: **643,** Fat **36.2g,** Saturates **8.8g,** Carbohydrate **33.9g,** Sugars **3.2g,** Fibre **5.7g,** Protein **45.3g,** Salt **0.5g**

Recipe and photo © Stockfood, The Food Media Agency

Easter pies with spinach and eggs (*Tortina Pasqualina*)

Makes **12** | *Prep* **15 mins** | *Cook* **20 mins**

400g (14oz) baby spinach
a pinch of salt
1 tbsp olive oil
2 shallots, peeled, finely diced
freshly ground black pepper
freshly grated nutmeg
14 small free-range eggs
80g (⅔ cup) Parmesan, grated
250g (1½ cups) cream cheese or ricotta
400g (14oz) ready-rolled puff pastry, chilled
butter, for greasing
1 free-range egg yolk

1. Blanch the spinach in boiling salted water for 1-2 minutes until wilted. Drain, cool under cold water, squeeze out excess water thoroughly, then finely chop.
2. Heat the oil in a saucepan and sauté the shallots until translucent. Add the spinach, season with salt, pepper and nutmeg, then cool briefly.
3. Preheat the air fryer to 180°C/360°F. Beat 2 eggs in a bowl, stir in half of the Parmesan, the cream cheese and the spinach mixture, then mix well.
4. Roll out the puff pastry on baking paper to make it slightly larger, cutting out 12x10cm (5x4in) circles and 12x8cm (5x3in) circles. Lightly butter the wells of 12 air fryer muffin moulds and line each with a large pastry circle.
5. Add a portion of the spinach mixture to each mould, pressing a slight indentation in the centre. Crack the eggs and slide 1 egg into each well, season with salt and pepper, then sprinkle with the remaining Parmesan.
6. Fold the overlapping pastry over the filling and brush lightly with water. Place the smaller pastry circles on top and press down gently. Beat the egg yolk with 1 tbsp water and use it to brush the pastries.
7. Place half of the moulds in the air fryer basket and cook for 15 minutes until golden brown. Remove, then allow the pastries to cool slightly. Cook the remaining moulds in the same way.

PER PIE:

Calories: **684,** Fat **45.4g,** Saturates **15g,** Carbohydrate **22.2g,** Sugars **1.9g,** Fibre **1.3g,** Protein **44.3g,** Salt **0.7g**

Recipe and photo © Stockfood, The Food Media Agency

Easter bunny biscuits

Makes **25-30** | *Prep* **20 mins** | *Cook* **7 mins** *per batch*

FOR THE BISCUITS

- 200g (1½ cups plus 2 tbsp) plain flour, plus extra for dusting
- ½ tsp baking powder
- 85g (½ cup) caster/superfine sugar
- 1 tsp vanilla extract
- a pinch of salt
- 1 free-range egg
- 100g (½ cup) softened butter, diced
- 60g (½ cup) ground hazelnuts
- ½ tsp finely grated orange zest
- 1 tsp cocoa powder
- 2 tbsp milk, if needed

TO DECORATE

- 60g (⅓ cup) dark chocolate, chopped
- dark and white crispy chocolate balls
- sugar flowers

1 For the biscuits, sift the flour and baking powder into a bowl. Add the sugar, vanilla, salt, egg and butter. Mix with the dough hook of a stand or hand mixer to a smooth dough.

2 Halve the dough and knead the hazelnuts, orange zest, cocoa powder and milk into one half. Knead both doughs briefly by hand, incorporating a little more flour or milk as needed. Roll out both doughs to 4mm (¼in) thick and cut out 12-15 Easter bunnies from each.

3 Preheat the air fryer to 170°C/340°F. Line the bottom of the air fryer basket with a perforated silicone mat, place a layer of biscuits on top and bake for 7 minutes. Remove, allow the biscuits to cool briefly, then transfer to a wire rack to cool completely. Bake the remaining biscuits in the same way.

4 Melt the dark chocolate in a heatproof bowl set over a pan of gently simmering water and cool slightly. Use a little chocolate to stick a dark chocolate ball onto each light biscuit and a white chocolate ball onto each darker biscuit.

5 Place the remaining chocolate in a piping bag. Decorate the neck of the light bunnies with a line of fine chocolate dots, pressing a sugar flower into the centre of each. Decorate the neck of the darker bunnies with a chocolate bow. Allow everything to set before serving.

PER BISCUIT:

Calories: **95,** Fat **5.7g,** Saturates **2.8g,** Carbohydrate **10.2g,** Sugars **3.9g,** Fibre **0.8g,** Protein **1.5g,** Salt **0.1g**

Recipe and photo © Stockfood, The Food Media Agency

Recipe and photo © Stockfood, The Food Media Agency

Mini chocolate Easter egg bars

Makes **12** | *Prep* **20 mins** | *Cook* **35 mins**

- 200g (1 cup) butter
- 125g (½ cup) icing/powdered sugar
- 125g (½ cup) brown sugar
- 2 large free-range eggs
- 2 pinches of salt
- 1 tsp vanilla extract
- 300g (2½ cups) plain/all-purpose flour
- 100g (½ cup) chocolate chips
- 50g (¼ cup) white chocolate, chopped
- 200g (7oz) sugar-coated chocolate eggs

1. Preheat the air fryer to 180°C/360°F. Lightly grease a suitable ovenproof dish (approx. 20x20cm (8x8in)) with butter and line with baking paper.
2. In a saucepan, melt the butter with both types of sugar over a low heat, stirring from time to time. Remove the mixture from the heat and set aside.
3. Beat the eggs with the salt and vanilla extract, then add to the butter mixture and mix well. Sift in the flour and mix everything into a smooth dough. Finally, fold in the chocolate chips and the chopped white chocolate.
4. Tip the dough into the prepared dish and place in the air fryer basket. Cook for 20 minutes. Remove, scatter the chocolate eggs on the surface and gently press them in. Slide the basket back in and cook for a further 15 minutes until golden and set.
5. Remove, allow to cool slightly, then turn out and let the cake cool on a wire rack. Cut into 12 pieces and serve.

PER BAR:

Calories: **461,** Fat **23.6g,** Saturates **14.3g,** Carbohydrate **57.6g,** Sugars **34.9g,** Fibre **2.4g,** Protein **5.1g,** Salt **0.2g**

Baked lemon cheesecake

Serves **12** | *Prep* **20 mins** *plus chilling* | *Cook* **1 hr 10–1hr 20 mins**

FOR THE DOUGH

- 220g (1½ cups) plain/all-purpose flour, plus extra for the tin
- a pinch of salt
- 120g (1 cup) chilled butter, cut into cubes
- ¼ tsp finely grated lemon zest
- 90g (½ cup) caster sugar
- 1 tsp vanilla extract
- 1 free-range egg

FOR THE FILLING

- 4 free-range eggs
- 1 tbsp lemon juice
- 800g (1lb 10oz) quark
- 150g (⅔ cup) caster/superfine sugar
- 1 tsp vanilla extract
- 2 tbsp custard powder
- icing/powdered sugar, for dusting

1 For the pastry, place the flour in a bowl with the salt. Add the butter and rub in with your fingers until crumbly. Add the lemon zest, sugar, vanilla and egg, then mix to a smooth dough. Shape the dough into a ball, wrap in clingfilm, then chill for 30 minutes.

2 Preheat the air fryer to 160°C/320°F and line the base of a 20cm (8in) springform tin with baking paper and grease the sides with butter.

3 Roll out the dough on a lightly floured surface and use it to line the base and sides of the tin. Prick the base several times with a fork. Place the tin in the air fryer basket and cook for 10-12 minutes. Remove and cool slightly.

4 For the filling, separate the eggs. Beat the egg whites with the lemon juice until stiff peaks form. Chill briefly. Mix the quark with the sugar and vanilla. Gradually stir in the egg yolks, followed by the custard powder. Gently fold in the egg whites in batches, then spread the mixture evenly over the pastry base.

5 Cover the tin with foil, place back in the air fryer basket, and cook for 30 minutes. Remove the foil and cook for another 20-30 minutes. Rest for 10 minutes in the turned-off air fryer with the basket slightly pulled out, then remove and cool completely.

6 Chill the cheesecake for 2 hours. Remove from the tin, dust with icing sugar (placing a cardboard stencil on top if desired), then serve.

PER SERVING:
Calories: **302,** Fat **10.5g,** Saturates **6g,** Carbohydrate **40.5g,** Sugars **22.7g,** Fibre **0.8g,** Protein **11.3g,** Salt **0.4g**

Recipe and photo © Stockfood, The Food Media Agency

Brioche bread and butter pudding

By Katy Greenwood

Serves **4** | *Prep* **15 mins** *plus soaking* | *Cook* **20-25 mins**

- soft salted butter, for spreading
- 6 brioche slices
- 6 heaped tsp apricot jam
- 2 free-range eggs
- 100ml (½ cup) double/heavy cream
- 200ml (1 cup) milk
- 1 tbsp Demerara sugar
- cream, to serve (optional)

1. Butter the brioche slices and spread over the jam. Arrange the brioche in a 20cm (8in) square ceramic dish, or whatever fits your air fryer. In a large bowl, beat the eggs, cream and milk together, then pour over the brioche and leave to soak in the fridge for 30-60 minutes.
2. Preheat the air fryer to 160°C/325°F. Once hot, sprinkle the Demerara sugar over the soaked brioche and bake for 20-25 minutes until the custard is set and the brioche has crispy edges. Serve while warm with cream, if desired.

Recipe taken from *Super Simple Air Fryer Baking* by *Katy Greenwood*, photography by Ant Duncan, published by Hardie Grant, £12.99.

Super Simple
Air Fryer Baking

PER SERVING:

Calories: **345,** Fat **20.1g,** Saturates **12g,** Carbohydrate **36.1g,** Sugars **17.9g,** Fibre **0.9g,** Protein **6.8g,** Salt **0.3g**

All the colours of the rainbow!

Light lunch

RECIPES

Elevate your lunches with a little bit of love and creativity...

FRITTATA WITH PARMA HAM CRISPS – P32

Hot chicken and coleslaw wraps

By Kate Calder

Serves **2** | *Prep* **10 mins** | *Cook* **5 mins**

FOR THE COLESLAW

¼ of a small white cabbage, cored, thinly sliced

1 small red onion, peeled, thinly sliced

1 carrot, peeled, grated

3 tbsp plain yoghurt

1 tbsp mayonnaise

1 tbsp white wine vinegar

a large pinch of salt

freshly ground black pepper

FOR THE WRAPS

2 large flour tortilla wraps

2 tbsp mayonnaise

1 cooked chicken breast, thinly sliced, or 150g (5½oz) pack of sliced cooked chicken

8-10 pickled jalapeño pepper slices, chopped

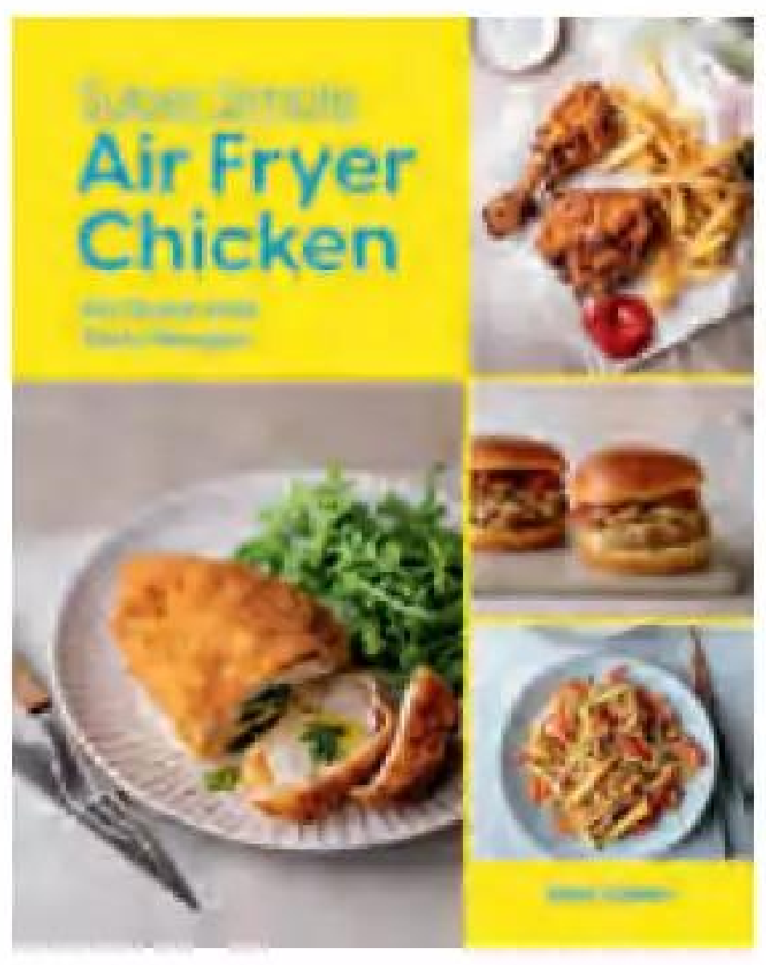
4 heaped tbsp grated Cheddar

1 For the coleslaw, mix the cabbage, red onion, carrot, yoghurt, mayonnaise, vinegar, salt and a few grinds of pepper together in a large bowl.

2 Lay out the tortilla wraps on a chopping board. Spread a tablespoon of mayonnaise on each, then divide the chicken, jalapeños, cheese and coleslaw between the two. Fold one end of the tortilla over the mixture, then tuck in the sides. Continue to roll tightly all the way up. Repeat with the second wrap.

3 Add the wraps, seam-side down, to the air fryer's grill plate and cook at 200°C/400°F for 5 minutes, or until lightly golden. Serve.

Recipe taken from *Super Simple Air Fryer Chicken* by *Kate Calder*, photography by Anthony Duncan, published by Quadrille, £12.99.



PER SERVING:

Calories: **853,** Fat **64.9g,** Saturates **14.2g,** Carbohydrate **38g,** Sugars **8.2g,** Fibre **3.6g,** Protein **28.8g,** Salt **1.6g**

Tarragon chicken omelette

By Kate Calder

Serves **2** | *Prep* **5 mins** | *Cook* **10-12 mins**

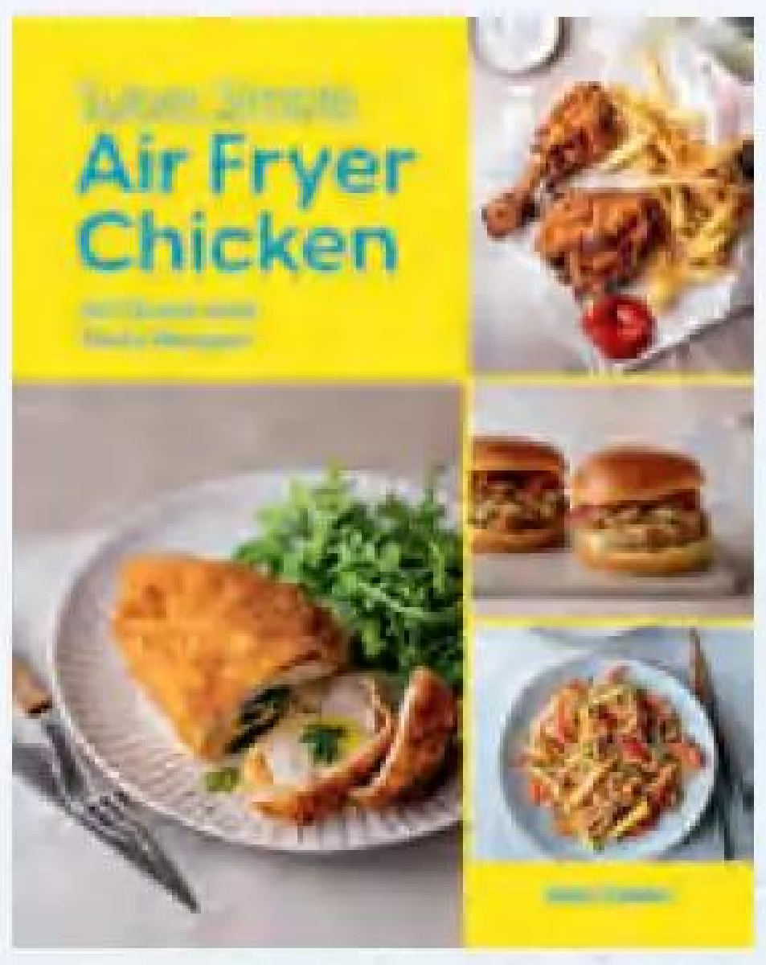
- 3 free-range eggs, beaten
- a pinch of salt
- 1 cooked chicken breast, cut into bite-sized pieces
- 2 tbsp roughly chopped tarragon leaves (basil, parsley or dill would also work well)
- a handful of grated Cheddar
- 1 shallot, peeled, finely sliced
- cooking oil spray

1. Line the air fryer's grill plate with a large piece of baking parchment so that the paper comes up the four sides about 3-4 cm (1¼-1½in) high. A loaf tin liner works as well.
2. Pour the eggs into the lined air fryer basket. Sprinkle over the salt, chicken, tarragon, Cheddar and then the shallot. Spray with oil, then cook at 190°C/375°F for 10-12 minutes, depending on the size of your air fryer. The larger the width of your omelette, the quicker the cooking time.
3. To check if the omelette is cooked, give the basket's handle a shake and if there's any wobble then the omelette needs a couple more minutes. The omelette is finished cooking when it is golden and there is no longer any wobble when shaken.
4. Carefully remove the baking parchment with the omelette in it from the basket by tipping the basket to one side and sliding it out onto a chopping board. Cut in half and share with a friend.

***TIP:** This recipe works best in a single basket of a dual basket air fryer. If you have a large single air fryer, then add one more egg to the recipe.*

PER SERVING:

Calories: **384,** Fat **20.6g,** Saturates **8.9g,** Carbohydrate **3.4g,** Sugars **1.5g,** Fibre **0.5g,** Protein **43.8g,** Salt **0.6g**



Recipe taken from *Super Simple Air Fryer Chicken* by *Kate Calder*, photography by Anthony Duncan, published by Quadrille, £12.99.

Juicy steak and mushroom bites

By Cathy Yoder

Serves **4** | *Prep* **15 mins** *plus marinating* | *Cook* **6 mins**

450g (1lb) rib-eye steak, cut into 2.5cm (1in) cubes, patted

225g (8oz) mushrooms, halved

½ an onion, peeled, sliced

FOR THE MARINADE

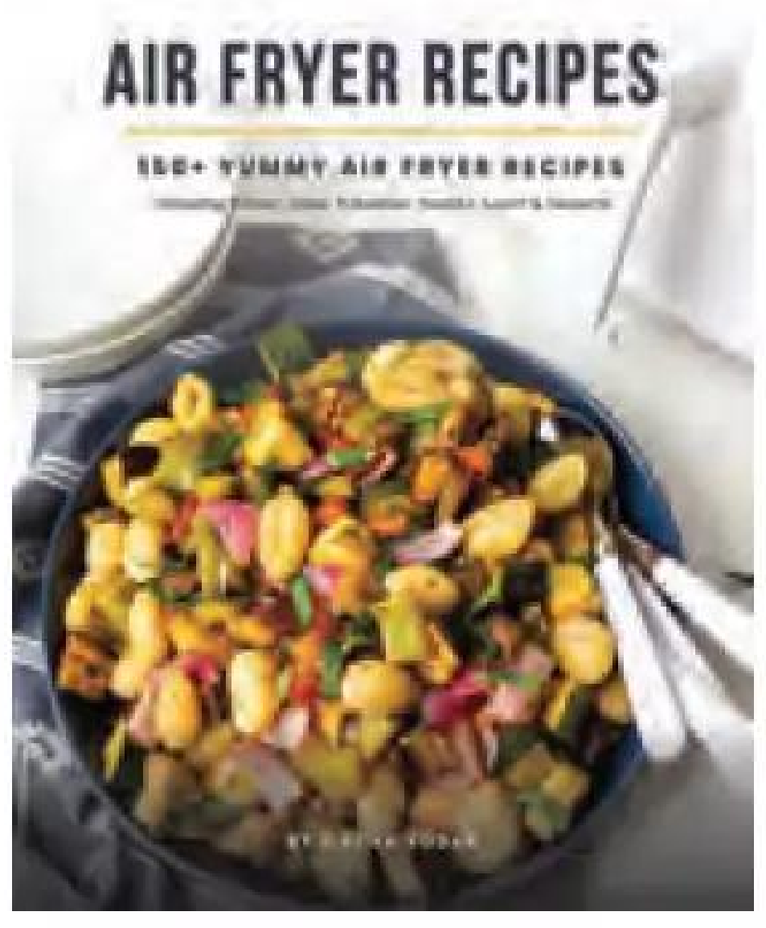
110ml (½ cup) Worcestershire sauce or teriyaki

½ tbsp garlic powder

salt and freshly ground black pepper, to taste

1. Mix the steak, mushrooms and onions together in a bowl with the marinade ingredients until everything is well coated. Cover and marinate for at least 2 hours.
2. Preheat the air fryer to 200°C/400°F.
3. Air fry the steak and mushroom for 6 minutes, or longer if your steak is cut larger or you want it cooked well done.

Recipe taken from *Air Fryer Recipes: 100+ Yummy Air Fryer Recipes* by *Cathy Yoder*, published by Fabulessly Frugal, £23.



AIR FRYER RECIPES

PER SERVING:

Calories: **336,** Fat **23.8g,** Saturates **10.5g,** Carbohydrate **9.4g,** Sugars **4.5g,** Fibre **0.9g,** Protein **22.3g,** Salt **0.5g**

Pork, caramelised onion and goat's cheese tartlets

By Make it Scotch (www.makeitscotch.com)

Serves **4** | *Prep* **20 mins** | *Cook* **55 mins**

4 x Scotch Pork Sausages, crumbled or sliced

1 x 320g (11oz) ready rolled sheet of puff pastry

1 tbsp olive oil

2 red onions, peeled, finely sliced

1 tbsp light brown sugar

1 tbsp balsamic vinegar

100g (3½oz) soft goat's cheese, crumbled

4 tbsp low-fat crème fraîche

finely grated zest and juice of 1 lemon

a few thyme sprigs

1 large free-range egg, beaten

rocket/arugula leaves, to garnish

salt and freshly ground black pepper to taste

1 Heat the olive oil in a large frying pan over a medium heat and add the sliced onions. Fry for 10-15 minutes until very soft, adding a splash of water if they start to catch, stirring occasionally.

2 Once the onions are very soft, lower the heat and add the sugar, balsamic vinegar and thyme. Fry for 5 more minutes until the onions are caramelised. Tip onto a plate and leave to cool.

3 Meanwhile, mix the crème fraîche, lemon zest and juice in a bowl. Mix well and season to taste.

4 Unroll the sheet of puff pastry and cut into quarters. Lightly score a 2cm (¾in) border around each quarter. Preheat the air fryer to 180°C/360°F.

5 Spread the crème fraîche mixture over each tartlet, then top with the caramelised onions, crumbled sausage meat and goat's cheese. Sprinkle over a few extra thyme leaves and top with freshly ground black pepper. Brush the beaten egg around each exposed border.

6 Put a sheet of baking parchment in the bottom of your air fryer so you can easily lift the tartlets in and out, then add the tartlets and cook for 30-35 minutes until the pastry is golden. You can place two tartlets on the bottom of your air fryer and the other two on the basket above, switching them halfway through so you get an even bake.

7 Top with rocket leaves, then serve.

PER SERVING:

Calories: **983,** Fat **71.4g,** Saturates **24.8g,** Carbohydrate **50.1g,** Sugars **7.1g,** Fibre **2.3g,** Protein **34.6g,** Salt **1.5g**

Frittata with Parma ham crisps

By Waitrose and Partners (www.waitrose.com)

Serves **4** | *Prep* **5 mins** | *Cook* **30 mins**

- 4 Parma ham slices
- 8 free-range eggs
- 160g (½ cup) ricotta
- a handful of chives, finely chopped, plus extra to serve
- 2 tbsp Cooks Ingredients Cacio e Pepe Paste
- ½ tsp paprika
- 1 tsp salt
- 160g (1 cup) frozen peas
- 1 tsp sunflower oil
- 150g (5½oz) cherry tomatoes, halved

1. Preheat the air fryer to 200°C/400°F. Put the Parma ham slices in a single layer (you may need to do this in 2 batches) in the air fryer and cook for 3-4 minutes until crisp; remove.
2. Meanwhile, whisk together the eggs, ricotta, chives, cacio e pepe paste, paprika and salt. Stir through the peas.
3. Brush the air-fryer pan (or a suitable pan that will fit in your air fryer) with the oil, line with a circle of baking parchment and pour in the egg mixture. Scatter the tomatoes over the top and cook for 20 minutes, or until set. Cover with foil if taking on too much colour.
4. Carefully lift onto a serving platter or board. Cut the frittata into 4 wedges, then serve topped with slices of crispy Parma ham and extra chives.

PER SERVING:

Calories: **814,** Fat **53.2g,** Saturates **18.7g,** Carbohydrate **9.5g,** Sugars **4.5g,** Fibre **1.6g,** Protein **69.6g,** Salt **1.5g**

Cheese and Marmite crumpet loaf

By Waitrose and Partners (www.waitrose.com)

Serves **6** | *Prep* **10 mins** | *Cook* **14 mins**

6 sourdough crumpets

6 tsp Marmite, or to taste

350g (12oz) tub of four cheese sauce

½ a 250g (9oz) pack of grated Cheddar & mozzarella

Parmigiano Reggiano, finely grated, to sprinkle (optional)

a few rocket leaves, to serve (optional)

1. Preheat the air fryer to 200°C/400°F. If you have a small loaf tin that fits into the air fryer (about 18x8cm (7x3in)), use that. If not, use the cardboard sleeve from the crumpet pack as a size guide to make a rough tray out of foil, discarding the cardboard afterwards. Line the tin or foil tray with a rectangle of baking parchment.
2. Toast the crumpets for 2-4 minutes in the air fryer, turning halfway, until just golden.
3. Spread the hot crumpets with Marmite, then top each with about 1 tsp cheese sauce. Sprinkle each one with a little grated Cheddar and mozzarella. Spoon half the remaining cheese sauce into the base of the prepared tray
4. Stack the crumpets snugly on their sides in the tray. Dot with the remaining sauce and sprinkle over the remaining grated cheese and a little Parmesan, if using. Cook for 10 minutes until piping hot throughout, bubbling and golden. Serve immediately. Black pepper on top and rocket leaves on the side make tasty additions.

PER SERVING:

Calories: **199,** Fat **9.7g,** Saturates **4.8g,** Carbohydrate **18.2g,** Sugars **3.7g,** Fibre **2.2g,** Protein **10.6g,** Salt **0.9g**

‘Cornish’-style pasties

By Katy Greenwood

Makes **4** | *Prep* **20 mins** | *Cook* **25 mins** *per batch*

- 150g (5½oz) swede, peeled, roughly chopped
- 150g (5½oz) potato, peeled, roughly chopped
- 1 small onion, peeled, roughly chopped
- 1 tbsp English mustard
- salt and freshly ground black pepper
- 200g (7oz) sirloin steak
- 457g (17oz) ready-rolled shortcrust pastry
- 1 free-range egg, beaten

1 Add the swede, potato and onion to a food processor and blitz to finely chop. You could do this by hand, but the processor is quicker and easier. Transfer to a large bowl, then stir in the mustard and season well.

2 Slice the steak as thinly as you can, then cut into smaller pieces. Mix with the vegetables.

3 Unroll the pastry and, with the long side facing you, cut it into four equal strips. Using a rolling pin, give each piece a quick roll widthways to make the pastry a little thinner and wider. Divide the steak and vegetable mix over one side of each piece, leaving an edge of about 1cm (½in) around the three outer sides. Brush the edges with the beaten egg, then bring the other half of the pastry over the top of the filling. Press the edges together and crimp with your fingers or a fork, then brush the tops with more beaten egg.

4 Preheat the air fryer to 160°C/325°F. Once hot, place a piece of baking parchment that fits your air fryer on the rack and top with the pasties. Bake for 20 minutes, then remove the baking parchment and bake for another 5 minutes to make sure the base of the pasties are cooked. You’ll probably need to bake two at a time. They can be eaten hot or cold.

Recipe taken from *Super Simple Air Fryer Baking* by *Katy Greenwood*, photography by Ant Duncan, published by Hardie Grant, £12.99.

Super Simple
Air Fryer
Baking

PER PASTY:

Calories: **827,** Fat **51.9g,** Saturates **13.8g,** Carbohydrate **69.7g,** Sugars **4.1g,** Fibre **4.2g,** Protein **21.3g,** Salt **0.7g**

Mini goat's cheese quiches

Makes **4** | *Prep* **20 mins** *plus chilling* | *Cook* **20-25 mins**

FOR THE PASTRY

- 250g (1¾ cups) plain/all-purpose flour, plus extra for dusting
- 100g (½ cup) butter, diced, plus extra for greasing
- ½ tsp salt
- 1 free-range egg

FOR THE FILLING

- 150g (5½oz) roll of goat's cheese
- 100g (½ cup) double/heavy cream
- 7 tbsp milk
- 1 free-range egg
- 1 tsp honey
- 6 thyme sprigs
- salt and freshly ground black pepper
- 2 tsp olive oil

1 For the pastry, sift the flour into a bowl. Add the butter and rub in with your fingertips until the mixture resembles breadcrumbs. Add the salt, egg and a little cold water and mix to form a smooth dough. Shape into a ball, wrap in clingfilm and chill for 30 minutes.

2 For the filling, cut four 2.5cm (1in) thick slices from the cheese. Dice the remaining cheese and purée finely with the cream, milk, egg and honey. Reserve some thyme for garnishing, pluck the leaves from the rest and mix into the cream. Season with salt and pepper.

3 Preheat the air fryer to 180°C/360°F and grease four x 10cm (4in) tart tins with butter.

4 Cut the pastry into four and roll out each piece into a 14cm (5½in) circle on a floured work surface. Line the moulds with the pastry, pressing into the base and sides. Trim the edges if necessary.

5 Divide the cream mixture between the cases, spreading out evenly. Place a slice of cheese in the centre and press in. Brush the cheese with the oil and carefully place the tins in the air fryer basket. Cook for 20-25 minutes until golden brown.

6 Leave to cool slightly, remove from the tins, season with pepper and garnish with thyme.

Recipe and photo © Stockfood, The Food Media Agency

PER QUICHE:
Calories: **878,** Fat **58.2g,** Saturates **32.5g,** Carbohydrate **52.8g,** Sugars **4.9g,** Fibre **1.7g,** Protein **34.7g,** Salt **1g**

Toasted bagel with pesto, roast aubergine and mozzarella

Serves **4** | *Prep* **10 mins** | *Cook* **14 mins**

- 2 medium aubergines/eggplant, sliced into 1cm (½in) rounds
- 2 tbsp olive oil
- 4 bagels, halved
- 4 tbsp pesto (see right for homemade)
- 150g (¾ cup) mozzarella, sliced
- a drizzle of balsamic vinegar
- salt and freshly ground black pepper, to taste

FOR THE PESTO

- 50g (2½ cups) fresh basil leaves
- 75g (½ cup) pine nuts
- 1 garlic clove, peeled
- 50g (½ cup) grated Parmesan/nutritional yeast
- 75ml (⅓ cup) extra-virgin olive oil
- salt and freshly ground black pepper, to taste

1 For the pesto, add the basil, pine nuts, garlic and Parmesan to a food processor and blend until finely chopped. Slowly drizzle in the olive oil, blending until smooth, then season with salt and pepper to taste.

2 Preheat the air fryer to 180°C/360°F.

3 Toss the aubergine slices with the olive oil, salt and pepper, then air fry for 10 minutes, flipping halfway through.

4 Spread pesto on each bagel half, then top with roasted aubergine slices and mozzarella. Return the assembled bagels to the air fryer and cook for 4 minutes until the mozzarella is melted and bubbling.

5 Drizzle with balsamic vinegar before serving.

PER SERVING:

Calories: **586,** Fat **24.8g,** Saturates **2.7g,** Carbohydrate **63.9g,** Sugars **11.1g,** Fibre **9.2g,** Protein **31.1g,** Salt **1.1g**

Sweet chilli mushrooms and poached egg on toast

By Pip Payne

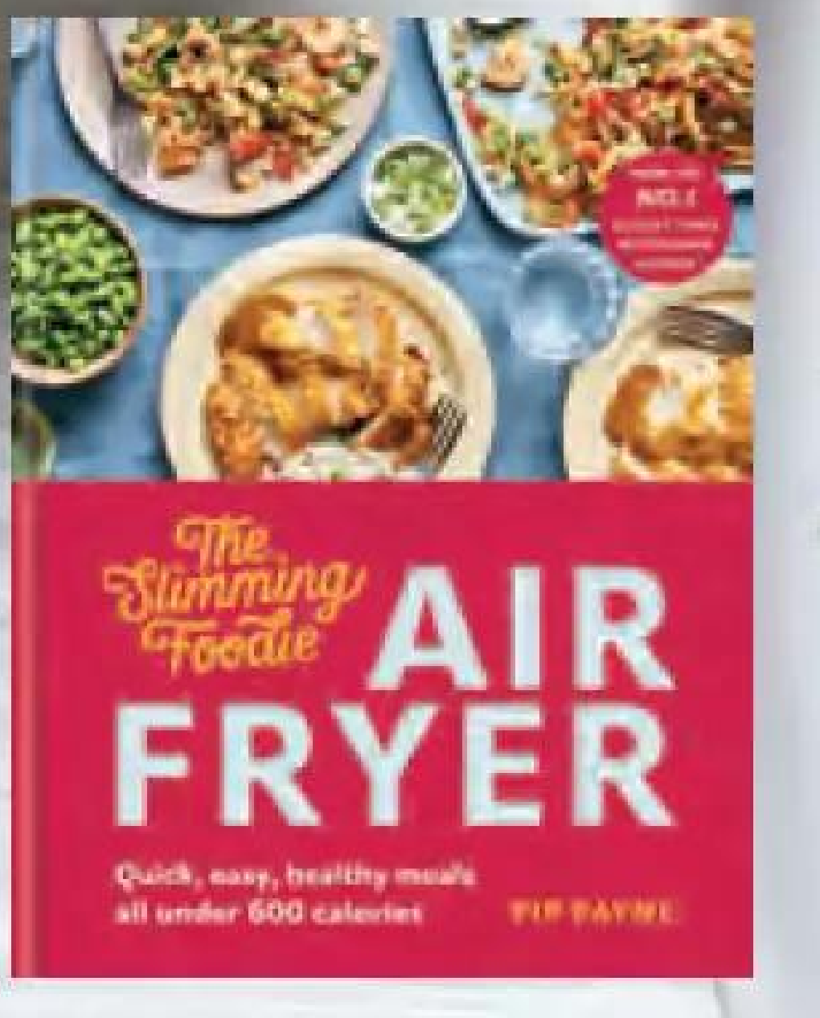
Serves **2** | *Prep* **5 mins** | *Cook* **16 mins**

- 250g (9oz) chestnut mushrooms, sliced
- spray oil
- 2 free-range eggs
- 1 tbsp sweet chilli sauce
- 4 small (or 2 large) slices of wholemeal seeded bread
- butter, for the toast (optional)
- salt and freshly ground black pepper
- chopped parsley leaves, to serve

1. Remove the crisper plate from 1 air fryer drawer and preheat that drawer to 190°C/375°F, then preheat the other drawer to 200°C/400°F with the crisper plate in. If you only have a single air fryer, you will need to do this recipe in stages.
2. Put the sliced mushrooms in drawer 1 and spray with oil, tossing a couple of times to coat. Cook for 10 minutes, giving them a shake a few times during cooking.
3. Meanwhile, spray 2 ramekins (or reusable silicone baking cups) with a little oil and half fill each with boiling water. Crack an egg into each ramekin, place into the second drawer and cook for 6 minutes.
4. When the mushrooms have 1 minute remaining, add the sweet chilli sauce, stir well and air fry for the final minute.
5. Toast the bread, spread lightly with butter, if using, then place on 2 plates. Divide the mushrooms between the plates on top of the toast. Check the poached eggs, and, if cooked to your liking, leave them to sit with the drawer open for 1 minute. Carefully lift out the ramekins (use a tea towel or oven gloves as they will be very hot). Drain the water and use a dessert spoon to carefully lift out the eggs and place on top of the mushrooms. If they have become stuck to the sides of the ramekin, carefully go around the edges with a knife to loosen them.
6. Season with salt and pepper, then sprinkle with parsley to serve.

PER SERVING:

Calories: **316,** Fat **7.5g,** Saturates **2g,** Carbohydrate **32.4g,** Sugars **8g,** Fibre **6.5g,** Protein **15g,** Salt **0.6g**



Recipe taken from *The Slimming Foodie Air Fryer* by *Pip Payne*, published by Hamlyn, £20.

Spring vegetable frittatas

Serves **9** | *Prep* **10 mins** | *Cook* **10-12 mins**

- 6 large free-range eggs
- 100g (3½oz) asparagus, chopped
- 60g (½ cup) frozen peas, cooked
- 4 spring onions, sliced
- 2 tbsp fresh dill, chopped
- 75g (½ cup) feta, crumbled
- salt and freshly ground black pepper, to taste

1. Preheat the air fryer to 170°C/340°F.
2. Whisk the eggs in a bowl and season with salt and pepper. Stir in the asparagus, peas, spring onions, dill and feta.
3. Spoon the mixture into silicone muffin cups, place in the air fryer and cook for 10-12 minutes until set and slightly golden. Serve warm.

PER SERVING:

Calories: **262,** Fat **17.2g,** Saturates **6.3g,** Carbohydrate **3.3g,** Sugars **1.9g,** Fibre **0.5g,** Protein **22.1g,** Salt **0.4g**

Carrot and feta rolls

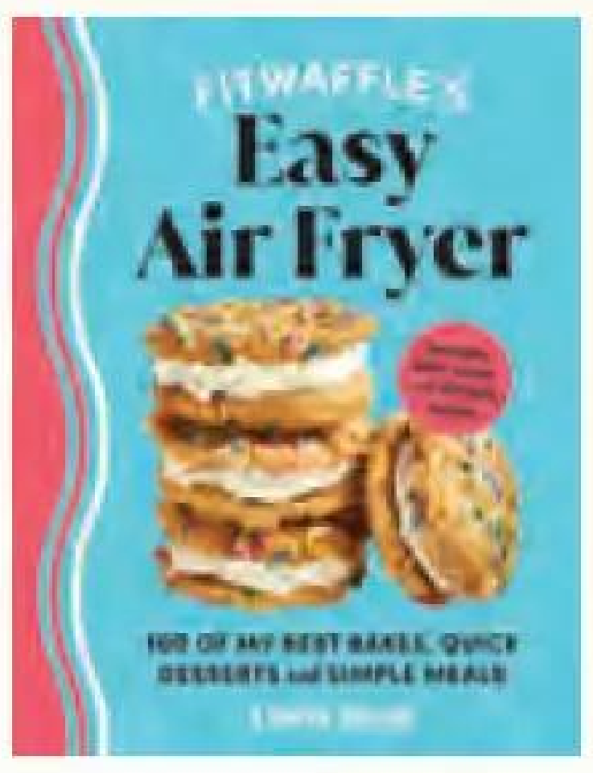
Makes **8** | *Prep* **15 mins** | *Cook* **10-12 mins**

- 1 sheet of puff pastry, thawed
- 2 carrots, peeled, grated
- 200g (just under 1 cup) feta, crumbled
- 1 tbsp fresh dill, chopped
- 1 tsp cumin seeds
- sea salt flakes
- 1 free-range egg, beaten
- sesame seeds

1. Preheat the air fryer to 180°C/360°F.
2. In a bowl, combine the grated carrot, feta, dill, salt and cumin seeds. Mix well.
3. Cut the puff pastry into 8 equal strips. Place a portion of the carrot mixture at one end of each strip, then roll up and seal the edges with a fork. Brush the tops with beaten egg and sprinkle with sesame seeds.
4. Air fry for 10-12 minutes until golden and crisp. Serve warm.

PER ROLL:

Calories: **266,** Fat **19g,** Saturates **7.3g,** Carbohydrate **14.3g,** Sugars **2.1g,** Fibre **1g,** Protein **9.8g,** Salt **0.4g**



Recipes and extract taken from ***Fitwaffle's Easy Air Fryer; 100 of my best bakes, quick desserts and simple meals***, by Eloise Head, published by Ebury Press, £22.

So, let's talk about AIR FRYERS!

Eloise Head gives us a simple run down of how air fryers work and how to get the best out of yours, including three great recipes to showcase her air-frying talent...

Air fryers work by circulating hot air around the food, similar to a convection oven. This process cooks the outside of the food first, creating a crispy, brown coating while keeping the inside soft.

GETTING TO KNOW YOUR AIR FRYER

I've tested recipes in a range of air fryers, and surprise surprise, the food cooks slightly differently in each one. Not exactly what you want to hear, but don't worry, it's all about getting to know your specific air fryer, so here are some tips:

The power of your air fryer

It's a good idea to make a note of the wattage of your air fryer, as the amount of power it has will affect how the food cooks. Just like ovens, some air fryers run hotter and some run colder. It's a great idea to buy an oven thermometer to check the actual heat of your air fryer. If your air fryer runs hotter or colder than the temperature displayed, adjust the temperature up or down accordingly.

Check if the food is done

For meat, you can use a probe thermometer, for cakes you can use a toothpick, for potatoes and veggies use the fork test. Other cues are more visual, for example the colour of the food, but remember, the heat comes from the top, so just because it looks done on the top, that doesn't mean it's done in the middle or the bottom – this is especially important when it comes to baking. The more you cook and use your air fryer, the better you will get at knowing when your food is done and cooked to your liking. To check, just open the air fryer door and have a peek. Remember, you can always add time, but you can't take it away, so when you're learning about your air fryer, it's better to check your food a few times than burn it.

TYPE

Most recipes will work whether you have an air fryer with a basket (or two), one that looks like a mini oven with racks, or a halogen air fryer. Here's some adjustments you may need to make:

Air fryer ovens

The top rack is always the hottest, just like in a regular oven. For best results, place the food on the middle rack of the air fryer and cook one rack at a time, rather than stacking them on top of each other.

Halogen air fryers

These often cook slower, so will need about 30 per cent extra cooking time.

SIZE

I would always recommend getting a larger air fryer rather than a smaller one. I have two at home, one is a 5.5-litre basket air fryer, and the other is an 11-litre oven-style air fryer, and I love them both.

The most popular air fryer type is a basket/drawer air fryer, but recipes can easily be adjusted to suit any air fryer.

BUTTONS/FUNCTIONS

For most air fryers, you can just set the time and temperature and you're ready to go.

DO YOU NEED TO PREHEAT YOUR AIR FRYER?

The short answer is yes. Just like a regular oven, your food will cook better and more consistently when your air fryer has been preheated. This is especially important when it comes to baking, as the food needs to go in at the right temperature.

As you get to know your air fryer, you may find that for some recipes preheating is not necessary, as your air fryer heats up really quickly and it's hotter than the average air fryer.

Left: perfectloop/stock.adobe.com, above left: iStock.com/Olekcii Mach

Hot honey chicken tenders

By Eloise Head

Makes **6-8** | *Prep* **15 mins** | *Cook* **10-12 mins**

If you love a sweet and savoury combo like I do, these are for you. Crispy and juicy, coated in hot honey sauce, they're irresistible. Perfect for a quick dinner or snack, and you can make them as spicy (or not spicy) as you like.

1 large free-range egg
60g (2½ cups) cornflakes
300g (10½oz) mini chicken fillets
3 tsp paprika
1 tsp cayenne pepper
salt and freshly ground black pepper
coleslaw, to serve (optional)

FOR THE SAUCE

60ml (4 tbsp) honey
4 tsp dark soy sauce (light is also fine)
2 garlic cloves, peeled, finely minced
3 tsp hot sauce (more or less to suit your spice level)

1 Preheat the air fryer to 180°C/350°F. Beat the egg well in a medium bowl.

2 Put the cornflakes into a food processor and process until roughly crushed. Alternatively, put them into a plastic bag and crush with a rolling pin. Pour into another medium bowl.

3 In a third medium bowl, coat the chicken fillets in the paprika, cayenne pepper and some salt and pepper, then coat in the beaten egg, letting any excess drip off, then in the crushed cornflakes, making sure you pat really firmly on both sides of the chicken.

4 Transfer the coated chicken fillets to the air fryer rack or basket, making sure they're not touching each other, then air fry for 10-12 minutes until the chicken is cooked through to at least 75°C/167°F when tested with a meat thermometer.

5 For the sauce, in a small-medium bowl, mix together the honey, soy sauce, garlic and hot sauce until combined. You can microwave it for about 20 seconds to warm it up and help it come together.

6 Coat the chicken tenders in the sauce. Serve with your sides of choice. I love to use coleslaw. Enjoy!

PER TENDER:

Calories: **120,** Fat **2.5g,** Saturates **0.6g,** Carbohydrate **16.8g,** Sugars **9.4g,** Fibre **6.4g,** Protein **10.9g,** Salt **0.2g**

Pizza pockets

By Eloise Head

Makes **3** | *Prep* **10 mins** | *Cook* **6-7 mins**

These pizza pockets are such a fun and easy snack, like mini calzones. They're super easy to make with just bread, egg and your favourite fillings. Ideal for when you fancy a pizza, but different, y'know!

3 slices of soft bread
1½ tbsp ready-made pizza sauce
30-40g (¼ cup) mozzarella, grated
6 pepperoni slices, cut into pieces (or I use 1 mini Peperami stick, sliced)
1 small free-range egg plus 1 tsp milk or water, for the egg wash

1. Preheat the air fryer to 180°C/350°F.
2. Cut the crusts off the bread (or feel free to keep them on if you prefer). Press down the middle of each slice of bread with your fingers or the back of a spoon so it's flat; you should have a puffy border around the edge.
3. Dollop half a tablespoon of pizza sauce into the middle of each slice of bread and spread it out, avoiding the border, then add a third of the mozzarella and the pepperoni to each slice.
4. In a small bowl, beat the egg and milk or water together to make your egg wash and brush it over the border with a pastry brush. This is essential to make the bread stick together.
5. Fold the bread in half and press the edges together with your fingers. You can also press them down with the back of a fork to seal them. They should look like little parcels.
6. Brush more egg wash over the top of the bread, then air fry for 6-7 minutes until crisp and golden brown.

***TIP:** This recipe makes 3 pizza pockets, but feel free to increase or decrease the ingredients to make as many or as few as you like.*

PER PIZZA POCKET:

Calories: **298,** Fat **14.9g,** Saturates **5.6g,** Carbohydrate **25.9g,** Sugars **3.4g,** Fibre **1.5g,** Protein **14g,** Salt **0.7g**

Peanut butter lava cakes

By Eloise Head

Makes **2** | *Prep* **15 mins** | *Cook* **10-13 mins** *plus standing*

A twist on the original lava cake – peanut butter lovers, this is for you. Think of it like a peanut butter cup, but in cake form, chocolatey on the outside and peanut buttery on the inside. Absolutely heavenly.

FOR THE RAMEKINS

1 tsp unsalted butter, melted

2 tsp cocoa powder

FOR THE LAVA CAKES

50g (⅓ cup) semi-sweet or dark chocolate, chopped

50g (3 tbsp plus 2 tsp) unsalted butter, cubed

1 free-range egg

1 free-range egg yolk

50g (½ cup) icing/powdered sugar, plus extra for dusting (optional)

3½ tbsp plain/all-purpose flour

4 tsp cocoa powder

a pinch of salt

2 tbsp smooth and creamy peanut butter, plus extra, melted, for drizzling (optional)

1. Brush two 6x6cm (2½x2½in) ramekins with the melted butter, then dust with cocoa powder, making sure it covers the inside of the ramekins. Tap out any excess.
2. For the lava cakes, preheat the air fryer to 170°C/340°F.
3. In a small bowl, melt the chocolate and butter together over a pan of simmering water, stirring regularly until it comes together, then set aside to cool for 10 minutes.
4. In a medium bowl, whisk together the egg, egg yolk and icing sugar for a few minutes with an electric hand mixer until it thickens and turns light in colour. Pour in the chocolate/butter mixture and stir until combined, then add the flour, cocoa powder and salt and stir until smooth. Scoop the batter into the ramekins, then dollop a tablespoon of peanut butter into each and press it in slightly so it's covered.
5. Place the ramekins in the middle of the air fryer and cook for 10-13 minutes.
6. Carefully remove the ramekins from the air fryer (they will be very hot). The lava cakes should spring back when pressed gently. Leave to stand for 10 minutes.
7. Turn them out onto plates, dust with extra icing sugar or drizzle with some melted peanut butter, if you wish, and serve straight away.

PER CAKE:

Calories: **779,** Fat **43.5g,** Saturates **21.1g,** Carbohydrate **73.3g,** Sugars **34.2g,** Fibre **5.7g,** Protein **25.5g,** Salt **0.5g**

COOKING CHARTS

Get the most out of your air fryer with this simple guide to cooking times...

Cooking times may vary based on the thickness of your food, the quality and the air fryer model. To ensure you get the best results, make sure to turn your food (or shake) halfway through the cooking time.

Image: 5ph/stock.adobe.com

Meat

	Temp	Cooking time	Notes
CHICKEN			
Diced	205°C/400°F	12 mins	
Whole chicken	185°C/365°F	1 hour 10 mins	start breast-side down, turn halfway
Breasts (on the bone)	190°C/375°F	30 mins	turn halfway
Breasts (boneless)	185°C/365°F	15 mins	turn halfway
Drumsticks	180°C/355°F	25 mins	turn halfway
Tenders (goujons)	180°C/355°F	11 mins	turn halfway
Thighs (on the bone)	205°C/400°F	22 mins	turn halfway
Thighs (boneless)	190°C/375°F	20 mins	turn halfway
Wings	190°C/375°F	18 mins	turn halfway
LAMB			
Leg	190°C/375°F	24 mins	turn halfway
Rack	190°C/375°F	22 mins	turn halfway
Roasting joint	180°C/355°F	20 mins per 450g	turn halfway
Lamb chops	180°C/355°F	12 mins	turn halfway
Burgers	180°C/355°F	10 mins	turn halfway
Kofta	180°C/355°F	8-10 mins	turn halfway
PORK			
Bacon	180°C/355°F	7 mins	turn halfway
Pork chops	180°C/355°F	30-35 mins	turn halfway
Shoulder	180°C/355°F	15 mins per 450g	rind-side down for 1 hour, then turn
Sausages	180°C/355°F	10 mins	turn halfway
BEEF			
Burgers	180°C/355°F	10 mins	turn halfway
Steak	200°C/395°F	8 mins rare 10 mins medium 12 mins well done	turn halfway
Roasting joint	180°C/355°F	15 mins per 450g (rare) 10 mins (medium)	turn halfway
Meatballs	190°C/375°F	9 mins	turn halfway

Seafood

	Temp	Cooking time	Notes
Calamari	180°C/355°F	7 mins	turn halfway
Cod fillets	180°C/355°F	12 mins	turn halfway
Fish cakes	180°C/355°F	10-12 mins	turn halfway
Fish fingers	180°C/355°F	12 mins	turn halfway
King prawns	180°C/355°F	4 mins	turn halfway
Salmon fillets	180°C/355°F	12 mins	turn halfway
Scallops	200°C/395°F	6 mins	turn halfway

Image: New Africa/stock.adobe.com

Vegetables

	Temp	Cooking time	Notes
Aubergine	200°C/395°F	15 mins	turn halfway
Beetroot (whole)	180°C/355°F	35 mins	turn halfway and keep checking
Beetroot (sliced)	180°C/355°F	25 mins	turn halfway and keep checking
Courgette	180°C/355°F	12 mins	turn 2-3 times
Asparagus	200°C/395°F	7 mins	turn halfway
Broccoli	200°C/395°F	6 mins	turn halfway
Brussels sprouts	190°C/375°F	16 mins	turn halfway
Butternut squash (chopped)	200°C/395°F	15 mins	turn halfway
Carrots (baby or chopped)	200°C/395°F	15 mins	turn halfway
Cauliflower (whole)	180°C/355°F	35 mins	turn halfway
Cauliflower (chopped)	200°C/395°F	14 mins	turn halfway
Corn on the cobb	200°C/395°F	8 mins	turn halfway
Green beans	200°C/395°F	9 mins	turn halfway
Kale	190°C/375°F	5 mins	shake halfway
Mushrooms (button)	190°C/375°F	12 mins	turn halfway
Mushrooms (whole)	200°C/395°F	6 mins	turn halfway
Onions	200°C/395°F	10 mins	turn halfway
Peppers (sliced)	180°C/355°F	13 mins	turn halfway
Potatoes (jacket)	200°C/395°F	45 mins	turn halfway
Potatoes (roast)	200°C/395°F	30 mins – parboil for 5 mins first	shake basket halfway
Potatoes (chips)	180°C/355°F	25 mins	shake basket halfway
Potatoes (wedges)	180°C/355°F	25 mins	shake basket halfway
Sweet potato	190°C/375°F	30-35 mins	turn halfway
Tomatoes (cherry)	200°C/395°F	4 mins	
Tomatoes (halves)	180°C/355°F	10 mins	turn halfway

Image: Olga/stock.adobe.com

Frozen food

	Temp	Cooking time	Notes
Chicken nuggets	200°C/395°F	10 mins	turn halfway
French fries	200°C/395°F	14-16 mins	turn/shake halfway
Onion rings	200°C/395°F	8 mins	turn halfway
Oven-style chips	200°C/395°F	15-20 mins	turn/shake halfway
Pizza	200°C/395°F	5-10 mins	
Sausage rolls	200°C/395°F	15 mins	turn halfway
Spring rolls	200°C/395°F	15-20 mins	turn halfway

Image: voltan/stock.adobe.com

Others

	Temp	Cooking time	Notes
Eggs	120°C/250°F	soft – 9 mins medium – 13 mins hard – 16 mins	
Falafel	190°C/375°F	12 mins	turn halfway
Tofu	190°C/375°F	15 mins	turn halfway

Sweet treats

	Temp	Cooking time	Notes
Churros	180°C/355°F	13 mins	turn halfway
Cinnamon rolls	180°C/355°F	9 mins	turn halfway
Cookies	180°C/355°F	5 mins	
Cupcakes	180°C/355°F	15 mins	
Doughnuts	180°C/355°F	5 mins	

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Midweek meals

RECIPES

These quick and easy recipes will bring a smile to your face after a long day at work...

CHICKEN IN
A BAG WITH
OLIVES, LEMON
AND CAPERS
– P64

Honey garlic meatballs

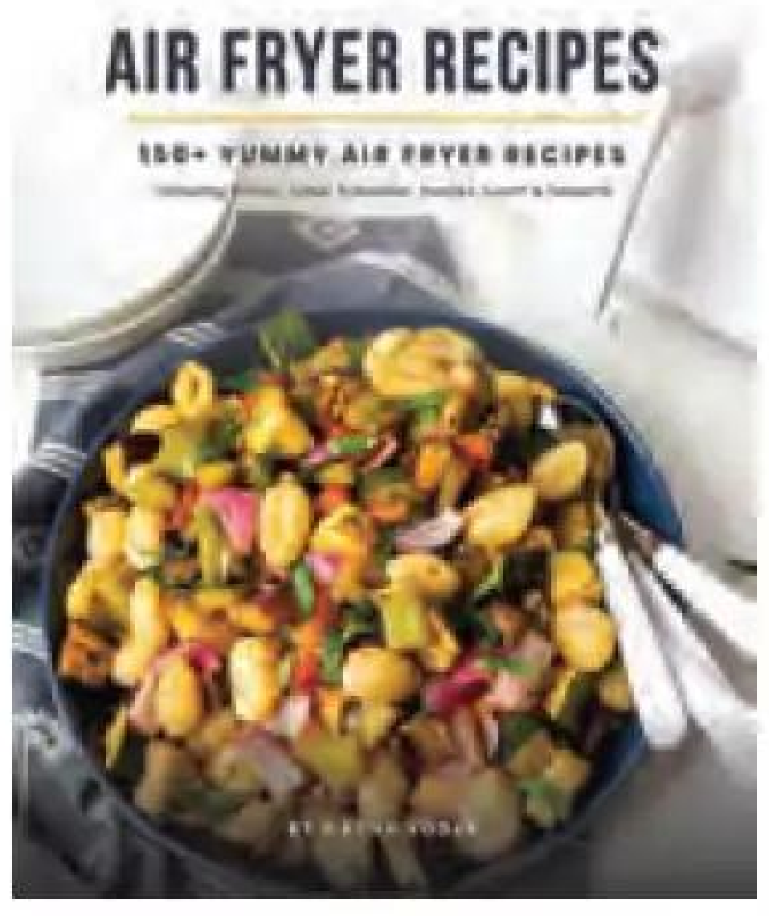
By Cathy Yoder

Serves **8** | *Prep* **5 mins** | *Cook* **10 mins**

50g (¼ cup) brown sugar
110g (⅓ cup) honey
135g (½ cup) ketchup
2 tbsp soy sauce
3 garlic cloves, peeled, minced
800g (1lb 12oz) frozen fully cooked meatballs
rice, to serve
broccoli, to serve

1. In a medium bowl, whisk together the sugar, honey, ketchup, soy sauce and garlic.
2. Preheat the air fryer to 180°C/350°F, then cook the frozen meatballs for 10 minutes, pouring over the glaze after 5 minutes.
3. Serve with cooked rice and broccoli.

The recipes on this page and on page 55 are taken from *Air Fryer Recipes: 100+ Yummy Air Fryer Recipes* by *Cathy Yoder*, published by Fabulessly Frugal, £23.



PER SERVING:
Calories: **382,** Fat **23g,** Saturates **7.8g,** Carbohydrate **31.5g,** Sugars **21.2g,** Fibre **2.5g,** Protein **15g,** Salt **0.9g**

Parmesan crusted salmon

By Cathy Yoder

Serves **2** | *Prep* **5 mins** | *Cook* **8 mins**

2 salmon fillets
60g (¼ cup) mayonnaise
1 tsp herb and garlic seasoning
shredded Parmesan cheese, to taste
lemon slices, to serve
parsley, to serve

1. Preheat the air fryer to 200°C/400°F.
2. Mix together the mayonnaise with the herb and garlic seasoning in a small bowl.
3. Pat dry the salmon fillets with a paper towel and place in a lightly sprayed air fryer basket or on top of a foil sling in the air fryer basket.
4. Spread the herb mayonnaise mixture on the top of the salmon, top with Parmesan cheese, then cook in the air fryer at 175°C/350°F for 8 minutes, or until the salmon registers at 62.7°C (145°F) on an instant read thermometer.
5. Serve with lemon slices and parsley to garnish.

PER SERVING:
Calories: **523,** Fat **37.4g,** Saturates **9.3g,** Carbohydrate **4.8g,** Sugars **0.2g,** Fibre **trace,** Protein **39.7g,** Salt **0.8g**

Courgette fries

By Cathy Yoder

Serves **4** | *Prep* **5 mins** | *Cook* **10 mins**

- 1 medium courgette/zucchini
- 1 large free-range egg
- 30g (½ cup) panko or regular breadcrumbs
- 45g (½ cup) grated Parmesan
- ¾ tsp Italian seasoning
- ¼ tsp garlic powder
- a pinch of salt and freshly ground black pepper
- spray oil

FOR THE YOGHURT DIP

- 125g (½ cup) plain yoghurt
- ½ tsp grated lemon zest
- 1 tbsp fresh lemon juice
- ¼ tsp salt
- ⅛ tsp freshly ground black pepper

1. Cut the courgette in half lengthwise, then cut each piece in half lengthwise again. Using a vegetable peeler, shave out the seeds from the inner portion of each quarter, then cut the pieces in half crosswise, so you end up with 16 pieces in total that are about 1cm (½in) thick and 8-10cm (3-4in) long.
2. In a shallow bowl, lightly beat the egg. In another shallow bowl, combine the panko (or breadcrumbs), Parmesan, Italian seasoning, garlic powder, salt and pepper.
3. Dredge the courgette pieces in the egg, then in the crumb mixture. Gently press the crumbs to the courgette to coat and stick.
4. Lightly spray the air fryer basket with oil, then arrange half of the courgette pieces in the basket in a single layer, spaced evenly apart. Do not crowd the pieces. Spray with oil to help evenly brown. Arrange the remaining courgette on top, perpendicular to the first layer and spray with oil.
5. Preheat the air fryer to 200°C/400°F, then cook the fries for 9-10 minutes, or until crisp and golden.
6. For the yoghurt dip, whisk the yoghurt, lemon zest, juice, salt and pepper together in a small bowl, then serve with the courgette fries.

PER SERVING:

Calories: **115,** Fat **3.3g,** Saturates **1.2g,** Carbohydrate **12.4g,** Sugars **3g,** Fibre **0.7g,** Protein **9.3g,** Salt **0.5g**

Pumpkin gnocchi with crispy sage

By Maldon Salt (www.maldonsalt.com)

Serves **4** | *Prep* **10 mins** | *Cook* **40 mins**

- 1 small pumpkin (approx 500g (1lb 1oz))
- 1 whole garlic bulb
- 1 white onion, peeled, cut into wedges
- Maldon Garlic Sea Salt
- freshly cracked black pepper
- olive oil, for frying
- 75g (¾ cup) walnuts
- 20 sage leaves
- 500g (1lb 1oz) gnocchi
- 30g (¼ cup) Parmesan, finely grated, plus extra to serve

1 Peel and deseed the pumpkin, then cut it into small 2cm (¾in) pieces. Preheat the air fryer to 180°C/360°F. Place the diced pumpkin into the basket along with the onion wedges, drizzle with olive oil, then season with Maldon Garlic Sea Salt and black pepper.

2 Cut the garlic bulb into half so the cloves are exposed, then wrap each half in kitchen foil. Place into the basket with the pumpkin and onions. Place the basket into the air fryer and cook for 15-20 minutes until the butternut squash is tender and the onions have softened and charred. Remove from the basket and set aside.

3 Once cool enough to handle, unwrap the foiled garlic bulbs and the garlic should be golden and soft inside – if they need a little more cooking, simply wrap them again and place back in the air fryer for 5 more minutes.

4 In a small frying pan, add some oil and heat to a medium heat, then add the sage leaves and fry for a minute or so until crisp, then remove and set aside.

5 Place the walnuts into the air fryer, cook for 5 minutes, then remove and roughly chop.

6 Place a large pan of salted water on to boil and season well with salt. Cook the gnocchi according to the packet instructions, then drain, reserving a large mug of the cooking water. Place the drained gnocchi into a large frying pan.

7 Put the pumpkin and onion into a blender, then squeeze the garlic out of the paper skins and add to the blender too. Add the Parmesan, a little salt and pepper along with 50ml (¼ cup) gnocchi water. Blend until smooth, adding a little more gnocchi water if required.

8 Tip the smooth sauce into the pan with the cooked gnocchi and gently heat through, tossing well. Again, you can add a splash more of the gnocchi water here if it's looking a little thick – you want a nice glossy sauce.

9 Serve the gnocchi in bowls, then top with the toasted walnuts, crispy sage leaves and some extra grated Parmesan.

PER SERVING:

Calories: **380,** Fat **21.3g,** Saturates **6.4g,** Carbohydrate **40.6g,** Sugars **6.5g,** Fibre **3.8g,** Protein **10.9g,** Salt **0.8g**

Recipe and photo © Stockfood, The Food Media Agency

Chicken Parmigiana

Serves **4** | *Prep* **25 mins** | *Cook* **20-25 mins**

FOR THE CHICKEN SCHNITZELS

- 4 chicken breast fillets
- 80g (⅓ cup) Parmesan, freshly grated
- 60g (1 cup) panko breadcrumbs
- 2 free-range eggs
- 2 tbsp double/heavy cream
- salt and freshly ground black pepper
- 40g (⅓ cup) plain/all-purpose flour

TO ASSEMBLE

- spray oil
- 400ml (14oz) tinned chopped tomatoes
- 2 mozzarella balls
- fresh basil, to garnish

1. Preheat the air fryer to 200°C/400°F.
2. Mix together the Parmesan and breadcrumbs on a plate. Beat the eggs with the cream in a shallow bowl and season generously with salt and pepper. Put the flour on a plate.
3. Coat the chicken in the flour, dip in the egg mixture and then coat with the Parmesan mixture. Spray lightly with oil, then cook in the air fryer for 10 minutes.
4. Place the chicken pieces in 2 small baking dishes, spread the tomatoes over and top each with half a ball of mozzarella.
5. Cook in the air fryer at 180°C/360°F for a further 10-15 minutes until the cheese is melted and lightly browned. Garnish with basil leaves and serve.

PER SERVING:

Calories: **667,** Fat **28.7g,** Saturates **12.4g,** Carbohydrate **29.5g,** Sugars **5g,** Fibre **1.9g,** Protein **69.4g,** Salt **1.1g**

Prawn and chicken rice balls

Serves **4** | *Prep* **25 mins** | *Cook* **15 mins**

- 300g (1½ cup) basmati rice
- salt and freshly ground white pepper
- 400g (14oz) peeled raw frozen prawns, half-thawed
- 500g (1lb 1oz) chicken breast fillet, cubed
- 2 tbsp cornflour/cornstarch
- 2 tsp caster/superfine sugar
- ½ tsp five-spice powder
- spray oil

FOR THE SAUCE

- 2 tbsp lime juice
- 3 tbsp vegetable oil
- 1 red chilli, deseeded, finely diced
- ½ a handful of coriander leaves, finely chopped
- 1 large spring onion/scallion, white part diced, green part sliced

1 Cook the rice in boiling salted water according to the pack instructions.

2 Purée the chicken and prawns in a blender with the cornflour, salt, sugar, five-spice powder and white pepper, adding 6-7 tbsp ice-cold water until the mixture is smooth. Shape into 2.5cm (1in) balls.

3 Preheat the air fryer to 200°C/400°F. Spray the balls generously with oil. Spray the air fryer basket with oil. Place the balls in the basket in batches and bake for 5 minutes until golden brown. Keep the cooked balls warm in a preheated oven at 80°C/160°F.

4 Mix the lime juice with the oil, chilli, coriander and diced spring onion.

5 Spoon the rice into bowls or deep plates. Thread 3 prawn and chicken balls onto small skewers, arrange them on top and serve, garnished with the spring onion greens and with the chilli sauce on the side.

PER SERVING:

Calories: **682,** Fat **15.6g,** Saturates **3.1g,** Carbohydrate **67.5g,** Sugars **3.7g,** Fibre **2.4g,** Protein **63.9g,** Salt **0.5g**

Recipe and photo © Stockfood, The Food Media Agency

Recipe and photo © Stockfood, The Food Media Agency

Sweet and sour lamb pastilla

Serves **4** | *Prep* **25 mins** *plus cooling* | *Cook* **1 hr 20 mins**

3 tbsp olive oil
600g (1lb 3oz) boneless lamb shoulder, cubed
3 red onions, peeled, sliced
1 cinnamon stick
½ tsp ground ginger
½ tsp turmeric
salt and freshly ground black pepper
a pinch of saffron
2-3 tbsp sugar
4 free-range eggs
½ a handful of coriander leaves, chopped
150g (1½ cups) flaked almonds
¾ tsp ground cinnamon
2 tbsp icing/powdered sugar
12 filo pastry sheets
70g (¼ cup) butter, melted
spray oil

1 Heat the olive oil in a casserole dish and brown the lamb in batches, then remove to a plate. Drain any excess fat from the meat. Sauté the onions with the cinnamon stick in the dish until slightly softened. Add the ginger and turmeric and cook for 5 minutes, stirring constantly.

2 Return the lamb to the dish, season with salt and pepper. Pour in 250ml (1 cup) water, mix in the saffron and bring to a gentle simmer. Cover and leave to braise for 1 hour, adding a little water if it starts to dry out.

3 Remove the meat with a slotted spoon and reduce the liquid in the pot. Sprinkle sugar over the onions to caramelise them. Whisk the eggs, add them to the dish, then cook everything for another 3 minutes, stirring constantly. Set aside. Mix in the coriander and let the mixture cool for about 30 minutes.

4 Toast the flaked almonds in a dry non-stick pan, set aside and cool. Mix with the ground cinnamon and icing sugar.

5 Preheat the air fryer to 180°C/360°F. Brush the filo pastry sheets with butter, stacking 3 sheets on top of each other, to make 4 stacks. In the middle of each stack, spread the egg mixture, then the lamb and finally the almond mixture. Twist the pastry sheets into parcels.

6 Spray the air fryer basket with oil, place the parcels inside, brush with the remaining butter and cook for 15-20 minutes until golden brown. Remove and serve.

PER SERVING:

Calories: **1177,** Fat **81.6g,** Saturates **25.6g,** Carbohydrate **43.9g,** Sugars **24.8g,** Fibre **6.8g,** Protein **70.3g,** Salt **0.8g**

Recipe and photo © Stockfood, The Food Media Agency

Pork, sweet potato and pepper tray bake

Serves **4** | *Prep* **25 mins** | *Cook* **16-20 mins**

- 3 tbsp olive oil
- 3 garlic cloves, peeled, finely diced
- salt and freshly ground black pepper
- 1 tsp paprika
- 1 tsp chilli flakes
- ¼ tsp ground cumin
- 500g (1lb 1oz) sweet potatoes, peeled, cut into small cubes
- 1 red pepper, diced
- 3 pointed red peppers, sliced
- 600g (1lb 4oz) pork fillet, cut into bite-sized pieces
- ½ a handful of flat-leaf parsley, chopped

1. Preheat the air fryer to 200°C/400°F.
2. In a bowl, mix the olive oil with the garlic, salt, pepper, paprika, chilli flakes and ground cumin. Add the sweet potatoes, peppers and pork. Mix well and place into an air fryer baking insert or a suitably sized ovenproof dish. Put into the air fryer basket and cook for 10 minutes.
3. Remove, turn the mixture and cook for a further 6-10 minutes until tender.
4. Sprinkle with the chopped parsley, grind over some pepper and serve.

PER SERVING:

Calories: **416,** Fat **15.9g,** Saturates **3.3g,** Carbohydrate **25.2g,** Sugars **4.1g,** Fibre **3.2g,** Protein **42.8g,** Salt **0.4g**

Pea and ham fried rice

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **10 mins**

- 100g (½ cup) cooked rice, or 1 pouch
- 1 small onion, peeled, sliced
- 1 garlic clove, peeled, sliced
- 150g (¾ cup) frozen peas
- 100g (3½oz) smoked ham, cut into chunks
- a handful of chopped parsley
- salt and freshly ground black pepper
- olive oil spray

1. Place the onion and garlic in the air fryer basket, spray with olive oil and cook at 200°C/400°F for 3 minutes.
2. Add the rice, peas and ham and cook for a further 5 minutes until the ham is slightly crispy. Season with a drizzle of olive, parsley, salt and pepper, mix through, then serve.

PER SERVING:

Calories: **301,** Fat **3.2g,** Saturates **0.6g,** Carbohydrate **52.6g,** Sugars **5.4g,** Fibre **4.3g,** Protein **14.7g,** Salt **0.8g**

Pancake noodle spring rolls

Serves **4** | *Prep* **25 mins** *plus resting* | *Cook* **30 mins**

FOR THE BATTER

- 300ml (1⅓ cups) milk
- 150g (1 cup) plain/all-purpose flour
- salt
- 3 free-range eggs, 1 separated
- vegetable oil, for frying
- 3 tbsp sesame seeds

FOR THE FILLING

- 120g (⅔ cup) rice noodles
- 2 pointed red peppers, finely diced
- 80g (3oz) beansprouts
- 4 coriander sprigs, finely chopped
- 2 tbsp sesame oil
- 300g (10½oz) minced/ground pork
- freshly ground black pepper

FOR THE SAUCE

- ½ a red pepper, finely diced
- 1 garlic clove, peeled, quartered
- 2 red chillies, finely diced
- 5 tbsp rice vinegar
- 100g (½ cup) sugar
- 1 tbsp cornflour/cornstarch, mixed with 1 tbsp cold water

1 For the batter, whisk together the milk, flour, ½ tsp salt, 2 whole eggs and 1 egg yolk until smooth, then leave to rest for 30 minutes.

2 For the filling, cook the noodles according to the pack instructions, rinse with cold water, then drain.

3 Heat the oil in a pan, add the pork mince and cook, stirring and breaking up with a spatula, until well browned. Add the diced peppers, lightly season with salt and pepper and fry for 6-8 minutes, stirring occasionally. Mix in the beansprouts and coriander and fry briefly, then add the drained noodles and season the filling to taste.

4 Preheat the air fryer to 180°C/360°F. Stir the batter again. In a non-stick pan, heat a little oil, pour in a quarter of the batter and fry until golden on both sides. Remove the pancake and allow to cool. Repeat this process with the remaining batter to make 4 pancakes.

5 Lay the pancakes on a work surface and divide the noodle and pork filling between them. Fold each pancake over the filling from both sides and roll up tightly. Spray the air fryer basket with oil. Beat the egg white and brush over the rolls. Sprinkle with sesame seeds, place in the air fryer basket and cook for 10-12 minutes.

6 Meanwhile, for the sauce, crush the pepper, garlic and chillies into a paste using a pestle and mortar. Bring the vinegar, sugar and 200ml (1 cup) water to the boil in a pan. Add the chilli paste and simmer for 10 minutes, then stir in the cornflour and stir until thickened. Purée the sauce if necessary and season with salt.

7 Cut the spring rolls into pieces, arrange on plates and serve with the sauce.

***TIP:** To save time, use a ready-made sweet and sour sauce. You can use bought crêpes instead of making your own pancakes.*

PER SERVING:

Calories: **932,** Fat **47.4g,** Saturates **14.6g,** Carbohydrate **72.7g,** Sugars **31.9g,** Fibre **3g,** Protein **51.1g,** Salt **0.6g**

Recipe and photo © Stockfood, The Food Media Agency

Chicken in a bag with olives, lemon and capers

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **25 mins**

2 x 150g (5½oz) chicken breasts

10 large green olives, pitted, sliced

2 tbsp capers, drained

juice of 1 lemon

1 lemon, sliced

2 handfuls of new potatoes, cut into bite-sized pieces (optional)

1 tbsp chopped parsley

1-2 tbsp olive oil

salt and freshly ground black pepper

1 Place the potatoes in the bottom tray or the basket of the air fryer, drizzle with olive oil and season. Place a tray on top.

2 Cut two square sheets of baking paper and lay a chicken breast in the middle of each. Top with the lemon slices, olives and capers. Drizzle with olive oil and season.

3 Close the paper by lifting opposite ends, folding the top over a few times, then wrapping the ends underneath to form a parcel. Cook in the air fryer for 20 minutes at 180°C/360°F.

4 After 20 minutes, open each parcel and cook for a further 5 minutes until slightly brown. Serve sprinkled with parsley and a squeeze of lemon.

PER SERVING:

Calories: **427,** Fat **24.9g,** Saturates **3.9g,** Carbohydrate **18.9g,** Sugars **0.9g,** Fibre **4.3g,** Protein **33g,** Salt **1.1g**

Coconut and lime fish soup

By Fern Green

Serves **2** | *Prep* **10 mins** | *Cook* **15 mins**

350g (12oz) white fish fillets (such as cod or haddock)
1 tbsp olive oil
1 onion, peeled, finely chopped
1 garlic clove, peeled, grated
1 tbsp grated ginger
1 tin of coconut milk
150ml (½ cup) vegetable stock/bouillon
2 tbsp fish sauce
1 tbsp soy sauce
finely grated zest and juice of 1 lime
1 tbsp caster/granulated sugar
a handful of cherry tomatoes
2 handfuls of spinach
lime juice and coriander, for topping

1. Cook the fish in the air fryer, drizzled with olive oil for 7 minutes at 200°C/400°F until slightly browning on top. Remove and set aside on a plate.
2. Add a little more olive oil to the air fryer, then add the onions, garlic, ginger and air fryer for 3 minutes until softened. Add the tomatoes and spinach and cook for 3 minutes.
3. Add the soy, fish sauce, coconut milk, lime zest and juice, sugar and veg stock, then return the fish back in. Air fry for a further 2 minutes until warmed through. Spoon into two bowls, squeeze over the lime juice and sprinkle over the coriander.

PER SERVING:

Calories: **692,** Fat **51.9g,** Saturates **39.2g,** Carbohydrate **28.8g,** Sugars **16.2g,** Fibre **2.9g,** Protein **34.9g,** Salt **1.4g**

AVOID FROZEN FOOD COOKING FAILS

Discover 15 do's & don'ts from 'The Queen of Air Fryers' Cathy Yoder to avoid common pitfalls when cooking frozen food in your air fryer

Cathy Yoder has documented her air fryer journey on *YouTube*, where she boasts over 742,000 followers and yet more across other socials. Cathy's multimedia platform **EmpoweredCooks.com** has an array of resources and recipes as well as access to her popular cookbooks.

Can you cook frozen foods in the air fryer? Yes, you can! In fact, the air fryer cooks up frozen food items faster than the regular oven.

While the air fryer is different to a deep fryer, it can also do most, if not all of the same things a deep fryer can do, but in a healthier fashion. By using less oil, you can cut down on the fat content of some of your favourite fried foods.

Food will cook slightly differently in the air fryer than in a deep fryer, so you will have to do some adjusting in cooking times and temperatures, as well as a few other ways to make sure you are cooking frozen food well.

Ten top frozen food air fryer *mistakes*

1 ONLY USING AN AIR FRYER FOR FROZEN FOODS

Avoid this by branching out and committing to trying just one new air fryer recipe a week.

2 USING AEROSOL SPRAYS IN THE AIR FRYER

These are full of propellants and chemicals that you not only don't want to consume, but it's not good for the air fryer basket coating. Instead, buy an oil sprayer and put pure avocado oil in it (which has a high smoke point, is healthier than other oils, and is tasteless).

3 USING METAL UTENSILS WITH THE AIR FRYER

Protect the coating of the air fryer basket by using silicone coated tools. I also like to use air fryer parchment paper liners, which helps protect the basket and makes cleaning the air fryer so much easier.

4 OVERCROWDING THE BASKET

Depending on what you're making, you want to allow room for air flow around the food you're cooking. If you're doing a mix of veggies with protein, the food does not need to be in a single layer, but you also don't want to fill the basket up so much that the food has a hard time cooking. Generally, I try and keep it no more than one-third full and be sure to stir food around during cooking so everything can cook evenly.

5 FOLLOWING OVEN DIRECTIONS

Since the air fryer is essentially a mini convection oven, food cooks faster as the heat is contained in a smaller space and the air flow is more powerful. A good rule of thumb is to reduce the temperature by 15°C/25°F and cut the cooking time in half. You can add more time as needed.

6 NOT USING AN INSTANT READ FOOD THERMOMETER

Using this will help you know when your food is actually cooked. That way you stay safe by not undercooking foods, while your food tastes better as it won't dry out because you're over cooking.

Five air fryer *best practices*

1 PREHEAT THE AIR FRYER

This can help get the air fryer to the right temperature and potentially cook faster. However, it is not always necessary in order for frozen food to cook properly.

2 GIVE THE FOOD PLENTY OF SPACE

Make sure to leave space between the food for it to cook through evenly without undercooking parts, leaving them unsafe to eat.

3 SHAKE OR STIR THE FOOD

Most air fryers will require the food to be shaken or stirred in order to get the food cooked evenly, especially for foods like fries.

4 USE OIL SPARINGLY

Lots of frozen foods already have oils in them and so they don't need a lot of oil. So don't use too much or you will make the food too greasy or unhealthy. Or, if you want it to be extra crispy, spritz a little extra oil and bump up the heat.

5 CHECK INTERNAL TEMPERATURE

The recommended internal temperature of most frozen foods is 75°C/165°F.

Images: stock.adobe.com

7 NOT CLEANING THE AIR FRYER BASKET AFTER EACH COOKING SESSION

This leads to a gross build-up of grease and food that will be harder to clean later! After using the air fryer, I will let it cool slightly, then I usually wipe up any grease or food drippings with a paper towel, then spray on some powerwash and let it sit for a few minutes. I'll then wipe up any remaining grease and wash it down with hot water. That usually cleans it all up with minimal effort. Don't forget to wipe the inside of the air fryer and around the heating element with a damp cloth. With some of the foods you cook in the air fryer, consider using air fryer parchment liners to avoid any large messes in the first place.

8 COOKING FATTY FOODS WRONG

Firstly, you likely do not even need to use oil because the protein already has fat. Secondly, the fattier the food, the more grease that will drip through the tray. Depending on your air fryer, this might cause alarm because the air fryer will start smoking! One tip is to place a piece of bread between the basket and tray of the air fryer to catch greasy drippings.

9 RELYING TOO MUCH ON PRESET BUTTONS

Just because the button for fish or chicken has a set time and temperature, it doesn't mean you should follow that exact time and temperature. Use the food thermometer to know when your food is actually done, otherwise you will likely overcook your food if you just push the button and walk away – 'Roast', 'Grill', 'Bake' in most cases. This does not change the function of what is happening inside the air fryer, but is actually just adjusting the programmed temperature and time.

10 EXPECTING THE AIR FRYER TO PERFORM JUST LIKE A DEEP FRYER

Battered foods will not turn out well in the air fryer – save those for your deep fryer instead. Yes, some things do taste better deep fried, but in many cases air frying is a close second and the health benefits of way less oil in your food make using an air fryer worth it.

15 *creative* ways to use your air fryer

Take your air frying up a notch with a few simple tricks to produce easy and impressive treats beyond fries and chicken...

BACON-WRAPPED ASPARAGUS

Wrap asparagus spears with bacon and air fry for a flavourful and tasty appetiser or side dish.

CRISPY TOFU

Toss tofu cubes in cornflour and seasonings, then air fry for a crispy and protein-packed addition to any meal.

CHOCOLATE CHIP COOKIES

Make cookie dough, scoop onto a baking sheet, then air fry for warm and gooey cookies in minutes.

PARMESAN COURGETTE FRIES

Slice courgettes into fries, coat with Parmesan cheese and breadcrumbs, then air fry for a delicious and crispy side dish.

MINI MEATLOAVES

Form individual meatloaves and air fry for a quick and easy dinner option.

APPLE CRISPS

Slice apples thinly, toss with cinnamon and sugar, then air fry for a crunchy and sweet dessert.

BUFFALO CAULIFLOWER BITES

Coat cauliflower florets in buffalo sauce and breadcrumbs, then air fry for a spicy and delicious snack.

SALMON FILLETS

Season salmon fillets with herbs and lemon, then air fry for a quick and healthy dinner option.

SWEET POTATO FRIES

Cut sweet potatoes into strips, toss with olive oil and seasonings, then air fry for a healthier alternative to traditional fries.

All images: stock.adobe.com

CHEESY GARLIC BREAD

Spread garlic butter and shredded cheese on bread slices, then air fry for a gooey and delicious side dish.

CRISPY KALE CRISPS

Toss kale with olive oil and salt and pepper, then air fry for a crunchy and nutritious snack.

AUBERGINE PARMESAN BITES

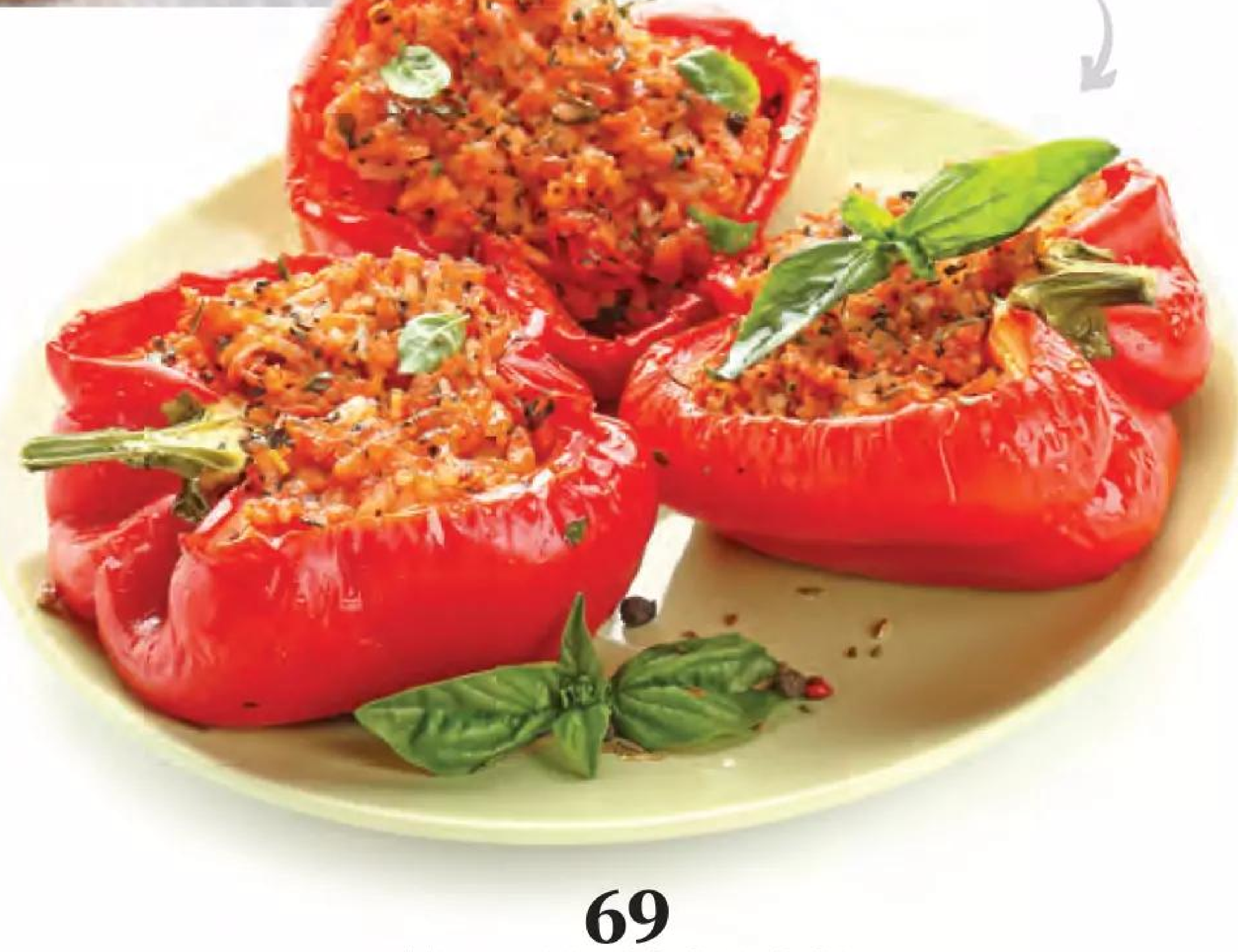
Coat aubergine slices in breadcrumbs and Parmesan cheese, then air fry for a crispy party snack or simple starter.

DOUGHNUTS

Make homemade doughnuts in your air fryer for a healthier alternative to traditional fried ones.

STUFFED PEPPERS

Fill peppers with a mixture of rice, beans and cheese, then air fry for a tasty and filling vegetarian meal.



BANANA SPRING ROLLS

Spread a mixture of chocolate spread and banana slices onto spring roll wrappers, then air fry for a decadent and tasty dessert.

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Fakeaways!

Friday night in

RECIPES

Create simple takeaway-style dishes from the comfort of your own home...

FRIED CHICKEN & CHIPS – P74

Ultimate steak frites with rosemary, Parmesan and garlic fries

By Make it Scotch (www.makeitscotch.com)

Serves **4** | *Prep* **15 mins** | *Cook* **45 mins**

4 x Scotch ribeye or sirloin steaks
2 tbsp olive oil
1kg (2lb 2oz) Maris Piper potatoes, scrubbed, cut into 1cm (½in) thick batons
4 garlic cloves, peeled, finely chopped
4 rosemary sprigs, finely chopped
30g (¼ cup) Parmesan cheese, finely grated, plus extra to garnish
1 tbsp sea salt flakes
a handful of flat-leaf parsley, finely chopped
salt and freshly ground black pepper, to taste
rocket/arugula leaves (optional)

1. Remove the steaks from the fridge 30 minutes before cooking. Rub ½ tbsp olive oil over the meat.
2. For the fries, preheat the air fryer to 200°C/400°F. Put the batons into a large bowl, drizzle over 1 tbsp olive oil and add ½ tbsp sea salt flakes. Toss the potatoes in the oil and salt until well coated, then air fry for 30 minutes until they are evenly golden and crispy, shaking the basket every now and then.
3. Once the fries have had 30 minutes of cooking, increase the heat to 220°C/440°F and place the steaks on top of the fries. Cook for 5 minutes on each side for pink meat, turning halfway through (you may have to cook two steaks at a time depending on the size of your steaks and your air fryer).
4. After your steaks have had 10 minutes, season to taste and wrap in foil to rest.
5. Meanwhile, pour the remaining olive oil over the fries along with the remaining sea salt flakes. Sprinkle over the chopped rosemary and garlic and toss the fries in the air fryer basket until well coated. Grate over the Parmesan cheese and toss again.
6. Serve the steaks with the fries, extra Parmesan and a sprinkling of parsley.

PER SERVING:

Calories: **653,** Fat **22.9g,** Saturates **7.7g,** Carbohydrate **48.1g,** Sugars **2.2g,** Fibre **5.8g,** Protein **65.2g,** Salt **1.4g**

Pork and chorizo kebabs with roasted vegetable harissa couscous

By Make it Scotch (www.makeitscotch.com)

Serves **4** | *Prep* **30 mins** *plus marinating* | *Cook* **45 mins**

- 500g (1lb 1oz) Scotch pork tenderloin, fat trimmed, cut into 3cm (1in) chunks
- 1 tbsp olive oil
- 2 garlic cloves, peeled, crushed
- finely grated zest and juice of 2 lemons
- 1 tbsp smoked paprika
- ¼ tsp salt
- 300-350ml (1¼ -1½ cups) hot low-salt chicken stock/bouillon
- 200g (1 cup) couscous
- 110g (4oz) chorizo, sliced
- 1 courgette/zucchini, sliced into half moons
- 2 red onions, peeled, cut into wedges
- 1 red pepper, deseeded, cut into chunks
- 1 yellow pepper, deseeded, cut into chunks
- 1 heaped tbsp harissa paste
- a large handful of mint, finely chopped, plus extra leaves to garnish
- salt and freshly ground black pepper, to taste

1. Cut the pork tenderloin into 2cm (¾in) chunks and place in a large bowl. Add the garlic, juice and zest of 1 lemon, smoked paprika, salt and ½ tbsp olive oil. Mix well so the meat is well coated and leave to marinade at room temperature for 30 minutes.
2. Meanwhile, put the couscous in a large bowl and pour over enough hot chicken stock until the grains are just covered. Cover with clingfilm straight away and set aside for 10-15 minutes.
3. Preheat the air fryer to 200°C/400°F. Add the chopped courgettes, red onions and peppers to the basket, pour over the remaining tbsp olive oil, toss in the basket so they are evenly coated in the oil, then air fry for 20-25 minutes until slightly charred at the edges.
4. Fluff up the couscous grains with a fork and add the charred vegetables. Stir well.
5. Reduce the air fryer temperature to 190°C/380°F and thread the pork onto skewers, alternating with the chorizo slices. Air fry for 15 minutes, turning occasionally until the meat is cooked through and slightly charred.
6. Meanwhile, add the harissa paste, mint and zest and juice of the remaining lemon to the couscous. Stir well and season to taste. Serve the kebabs with a spoonful of couscous.

TIP: ***For an optional side, mix 150g (1 cup) Greek yoghurt in a bowl with half a deseeded and chopped cucumber, a handful of chopped mint leaves and seasoning to taste.***

PER SERVING:

Calories: **435,** Fat **18.9g,** Saturates **6g,** Carbohydrate **22.2g,** Sugars **4.1g,** Fibre **2.8g,** Protein **43.2g,** Salt **0.8g**

Fried chicken and chips

By Kate Calder

Serves **2** | *Prep* **20 mins** *plus marinating* | *Cook* **30 mins**

FOR THE CHICKEN

- 2 chicken drumsticks, skin on
- 2 chicken thighs, skin on
- 150ml (⅓ cup) buttermilk (if you can't find buttermilk then mix (½ cup) whole milk with 1 tbsp lemon juice or white wine vinegar)
- 125g (1 cup) plain/all-purpose flour
- 2 tbsp cornflour/cornstarch
- 1 tbsp paprika
- 2 tsp garlic powder or granules
- 1 tsp ground ginger
- 1 tsp dry English mustard powder
- 1 tsp celery salt
- 1 tsp dried mixed herbs
- 1 tsp salt
- 1 tsp freshly ground white pepper
- cooking oil spray
- condiments of choice, to serve

FOR THE CHIPS

- 2 roasting potatoes, peeled, cut into roughly 1cm (½in) thick chips
- 1 tbsp cooking oil
- a large pinch of salt

1. Add the chicken and buttermilk to a large bowl or a large plastic bag, cover or seal, then marinate in the fridge for at least 1 hour, or up to 24 hours.
2. When ready to cook the chicken, make the seasoned flour. Mix the plain flour, cornflour, paprika, garlic powder, ginger, mustard powder, celery salt, mixed herbs, salt and white pepper together in a large bowl.
3. Have a plate or chopping board ready to put your battered chicken on. Remove the chicken from the buttermilk, then coat all over in the seasoned flour by turning each piece over in it a few times. Set aside on a plate.
4. To cook the chips, add the chips to a large heatproof bowl and pour in enough hot water to cover them completely. Leave for 10 minutes, then drain and pat dry with paper towels. Transfer them to a large bowl, add the oil and salt and stir so every chip is evenly covered.
5. Spray the air fryer's grill plate with cooking oil. Add the chicken pieces in a single layer and spray each piece generously with oil. Cook at 200°C/400°F for 20 minutes, carefully turning the pieces over after 10 minutes and continue to cook for another 10 minutes or until the chicken is cooked through. Using two forks is the easiest way to do this and doesn't break the batter.
6. Cook the chips for 18 minutes at 190°C/375°F, shaking the basket halfway through cooking. The chicken and chips should be finished cooking at roughly the same time if you are using a dual basket air fryer. Serve with your favourite condiments.

TIP: If you have a dual basket air fryer, then cook the chips at the same time as the chicken. If not, then cook the chips after the chicken while it rests.

Super Simple
Air Fryer Chicken

Recipe taken from *Super Simple Air Fryer Chicken* by *Kate Calder*, photography by Anthony Duncan, published by Quadrille, £12.99.

PER SERVING:
Calories: **1086,** Fat **53.7g,** Saturates **14.2g,** Carbohydrate **79.7g,** Sugars **5.2g,** Fibre **5.5g,** Protein **67.5g,** Salt **1.3g**

Chicken katsu curry

By Pip Payne

Serves **4** | *Prep* **20 mins** | *Cook* **45 mins**

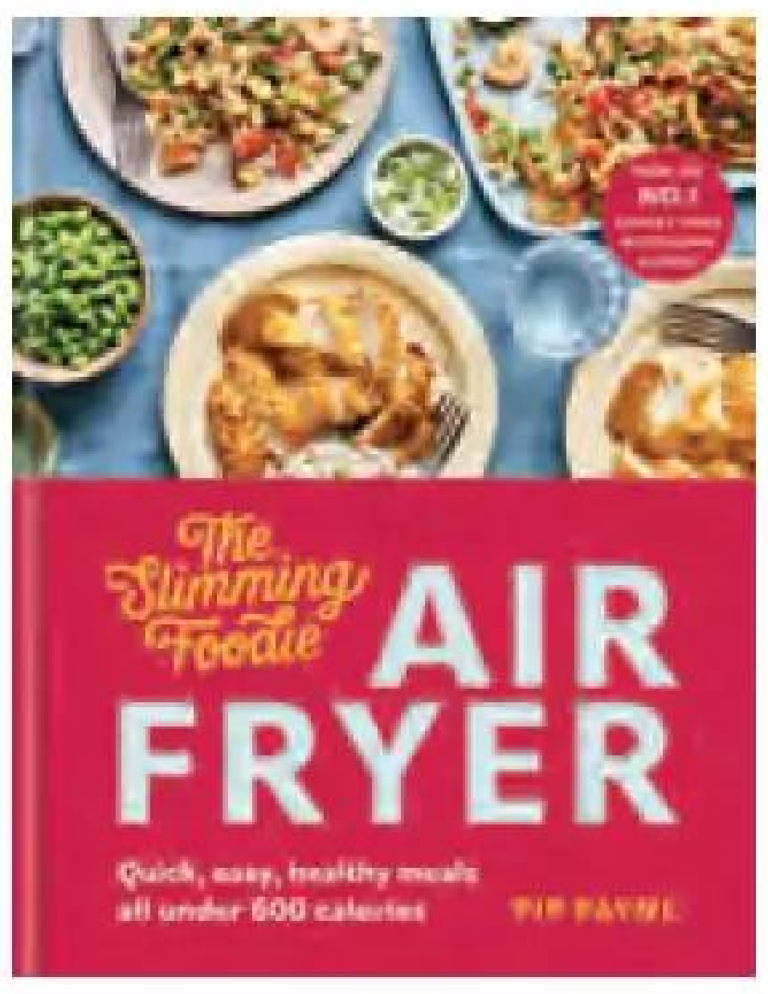
- 4 skinless chicken breast fillets (about 150g (5½oz) each)
- 50g (1¾oz) cornflakes, finely crushed
- 1 free-range egg, lightly beaten
- salt and freshly ground black pepper

FOR THE CURRY SAUCE

- spray oil
- 2 onions, peeled, finely chopped
- 5 garlic cloves, peeled, roughly chopped
- 1 tbsp plain/all-purpose flour
- 4 tsp curry powder
- 600ml (20fl oz) hot chicken stock/bouillon
- 2 carrots, peeled, finely sliced
- 2 tsp honey
- 4 tsp light soy sauce
- 1 tsp garam masala
- edamame beans and basmati rice, to serve

1. For the curry sauce. Heat a little spray oil in a medium non-stick saucepan on the hob, add the onions and cook until softened. Stir in the garlic and stir-fry for another minute. Add the flour and curry powder and cook, stirring, for 1 minute. Gradually pour in the hot stock, then add the carrots to the pan, along with the honey and soy sauce. Slowly bring to the boil.
2. Reduce the heat and simmer for 20 minutes, or until the sauce thickens a little but is still of pouring consistency. Stir in the garam masala.
3. Whizz the sauce with a stick blender until it is completely smooth. Leave to simmer on a very low heat while you cook the chicken, stirring occasionally.
4. Lay some baking paper or clingfilm over the chicken breasts one at a time, then bash with a rolling pin or the base of a saucepan to flatten them to about 1cm (½in) thick.
5. Put the crushed cornflakes into a wide shallow bowl and the egg in another. Dip each chicken breast in the egg, shaking off the excess, then dip in the cornflake crumbs, making sure it's thoroughly coated. Place on a plate while you crumb the remaining chicken. Season with salt and pepper, then spray with oil.
6. Preheat both air fryer drawers to 180°C/350°F. If you only have one air fryer container, you will need to do this in batches. Spray the crisper plates with oil, then place 2 crumbed chicken breasts in each drawer. Cook for 10 minutes, then use silicone tongs to carefully turn each piece of chicken over and cook for another 6 minutes. The chicken should be golden and crisp on the outside and cooked through in the middle (you can check that it's done with a food thermometer: the internal temperature should be at least 75°C/170°F).
7. When you're ready to serve, use a sharp knife to slice the chicken breasts into 1cm (½in) slices and arrange neatly on plates. Pour the sauce over to serve, with some edamame beans and basmati rice on the side.

Recipe taken from *The Slimming Foodie Air Fryer* by *Pip Payne*, published by Hamlyn, £20.



PER SERVING:
Calories: **350,** Fat **4.2g,** Saturates **1.1g,** Carbohydrate **29g,** Sugars **13g,** Fibre **5.7g,** Protein **46g,** Salt **2.3g**

Quorn
Cheesy
NACHO
NUGGS
POWERED BY MYCO-PROTEIN

Nacho nugget Mexican tacos

By Quorn (www.quorn.co.uk)

Serves **4** | *Prep* **15 mins** | *Cook* **10 mins**

16 Quorn Cheesy Nacho Nuggs

FOR THE CRUNCHY GREEN SLAW

1 green pepper, sliced

50g (¼ cup) sugar snap peas, sliced

75g (½ cup) green spring cabbage, shredded

juice of 1 lime

1 tbsp light mayonnaise

½ tbsp poppy seeds

FOR THE TACO BUILD

4 soft wraps

½ a small avocado, peeled, thinly sliced

4 spring onions, sliced

60g (2oz) pickled red onion

2 tbsp light sour cream

½ tsp sriracha sauce, plus extra for drizzling

TO GARNISH

coriander leaves

lime wedges

1. Place all the slaw ingredients into a bowl and mix to combine. Set aside.
2. Preheat the air fryer to 200°C/400°F, add the nuggets to the basket and cook for 10 minutes.
3. Heat a griddle pan over a medium heat. Warm the wraps on the griddle for 1-2 minutes.
4. Divide the slaw between the tacos.
5. Top with Quorn Cheesy Nacho Nuggs, avocado, spring onion and pickled red onion.
6. Mix the sour cream and sriracha sauce in a ramekin, then drizzle over the wraps.
7. Garnish with coriander leaves, lime wedges and an extra drizzle of sriracha sauce if desired.

***TIP:** You can swap the white cabbage for red cabbage!*

PER SERVING:

Calories: **398,** Fat **15.6g,** Saturates **5.9g,** Carbohydrate **52.8g,** Sugars **7.3g,** Fibre **7.9g,** Protein **15.1g,** Salt **0.9g**

Cheesy nacho nuggets and sweet potato fries

By Quorn (www.quorn.co.uk)

Serves **4** | *Prep* **20 mins** | *Cook* **25 mins**

16 Quorn Cheesy Nacho Nuggs

400g (14oz) sweet potato, peeled, sliced into fries

4 garlic cloves, peeled

low-calorie spray

FOR THE VEGETABLE CRUDITÉ

4 baby corn, halved

2 baby cucumbers, quartered lengthways

1 carrot, peeled, cut into 8 batons

12 sugar snap peas

FOR THE LEMON GARLIC YOGHURT DIP

2 tbsp yoghurt

½ a garlic clove, peeled

juice of ½ a lemon

1 tbsp chives, chopped

FOR THE SALSA

8 cherry tomatoes, diced

2 spring onions, chopped

½ a garlic clove, peeled, crushed

½ tsp red wine vinegar

a small handful of basil, chopped

1. Preheat the air fryer to 200°C/400°F. Place the sweet potato fries and garlic cloves onto a non-stick baking tray. Spray with cooking oil and toss to coat. Cook for 10 minutes.
2. After 10 minutes, add the Quorn Cheesy Nacho Nuggs and cook for a further 15 minutes. Arrange on a serving platter and keep warm.
3. For the vegetable crudité, arrange the veg on a serving platter.
4. Mix all of the dip ingredients together in a small bowl and add to the crudité platter.
5. Mix all the salsa ingredients in a small bowl. Spoon into a ramekin.
6. Serve the Quorn Cheesy Nacho Nuggs, sweet potato fries and vegetable crudité with the salsa and lemon garlic dip.

***TIP:** Why not swap the sweet potatoes for traditional homemade fries? For an extra chilli kick, add ½ a finely chopped mild red chilli to the salsa.*

PER SERVING:

Calories: **282,** Fat **9g,** Saturates **3.1g,** Carbohydrate **36.2g,** Sugars **5.3g,** Fibre **6.7g,** Protein **7.3g,** Salt **0.6g**

Chicken tacos

Makes **4** | *Prep* **40 mins** | *Cook* **30 mins**

FOR THE CHICKEN

- 500g (1lb 1oz) skinless, boneless chicken thighs
- 2 tbsp olive oil
- salt and freshly ground black pepper
- 1 tbsp brown sugar
- 1 tsp dried oregano
- 2 tsp paprika
- 1 tsp ground cumin
- 2 tsp garlic powder
- 1 tsp mild chilli powder
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1 red onion, peeled, diced
- 250g (9oz) mild salsa
- a handful of coriander leaves, chopped
- 2 tbsp lime juice

FOR THE SALSA

- 4 small tomatoes, deseeded, diced
- 1 small green chilli, deseeded, diced
- 1 small red onion, peeled, diced
- 1 garlic clove, peeled, diced
- 2 tbsp lime juice
- 1 tbsp coriander leaves, finely chopped
- a pinch of chilli powder

FOR THE TACOS

- 4 soft flour tortillas
- 1 avocado, peeled, stoned, sliced
- 40g (⅓ cup) grated cheese, e.g. Cheddar
- 100g (½ cup) sour cream
- 4 tbsp chilli sauce
- 2 limes

1. For the salsa, mix all the ingredients in a bowl. Season to taste. Preheat the air fryer to 180°C/360°F.
2. Place the chicken in a suitable tray for the air fryer (approximately 20x20cm (8x8in)). Add 1 tbsp olive oil, salt, pepper, sugar, oregano and the remaining spices, then mix in the diced peppers and onion. Drizzle everything with the remaining oil and the salsa, then spread out in a single layer in the tray.
3. Place the tray in the air fryer basket and cook the chicken for 25 minutes, turning halfway through. Remove, shred the meat with two forks, then cook for a further 4-5 minutes. Stir in the coriander and lime juice.
4. Remove the tray with the chicken and set aside. Place the tortillas in the air fryer basket and heat for 1 minute. Remove and place the tortillas in a taco holder.
5. Fill each taco shell with chicken, avocado slices and salsa. Sprinkle with grated cheese, top with sour cream and chilli sauce, then serve the tacos with lime wedges.

Recipe and photo © Stockfood, The Food Media Agency

PER TACO:

Calories: **548,** Fat **25g,** Saturates **7.2g,** Carbohydrate **47.1g,** Sugars **11.3g,** Fibre **7.2g,** Protein **35.2g,** Salt **1.2g**

Asparagus pizza with wild garlic

Serves **4** | *Prep* **20 mins** *plus proving* | *Cook* **15 mins** *per pizza*

FOR THE DOUGH

500g (1lb 1oz) pizza base mix

2 tbsp olive oil

FOR THE PESTO

50g (⅓ cup) almonds

2 handfuls of wild garlic

salt and freshly ground black pepper

finely grated zest and juice of ½ a lemon

5 tbsp olive oil

FOR THE TOPPING

300g (10½oz) asparagus

½ a handful of wild garlic, chopped

120g (½ cup) sour cream

4 free-range eggs

40g (½ cup) feta

edible flowers, to garnish, e.g. viola, chive blossoms

1. Make up the dough according to the pack instructions with water and the oil, mixing until you have a smooth dough. Knead the dough on a floured surface, return to the bowl, cover and leave to rise in a warm place for 1 hour.
2. For the pesto, toast the almonds in a dry non-stick pan, then cool and roughly chop. Blanch the wild garlic very briefly in boiling salted water. Plunge in cold water, then drain and squeeze out well to remove any excess liquid. Coarsely chop the leaves and place with the almonds, lemon zest and juice in a blender. Add 4 tbsp olive oil and blend to a fine paste. Season with salt and pepper, adding extra oil if needed.
3. Blanch the asparagus in boiling salted water for 5 minutes, then plunge in cold water and drain. Halve lengthways if thick.
4. Halve the dough and roll out each piece on a floured surface into an oval pizza, slightly smaller than the air fryer basket. Preheat the airfryer to 170°C/340°F.
5. Cut two pieces of baking paper, 5cm (2in) larger than the basket. Place the pizza bases on the baking paper, sprinkle with chopped wild garlic and spread with sour cream, leaving a 1cm (½in) border around. Arrange the asparagus on top. Crack and place 2 eggs between the asparagus on each pizza. Crumble over the feta.
6. Place one pizza in the air fryer basket using the baking paper and cook for 15 minutes until the edges are golden brown. Remove, drizzle with 3 tsp wild garlic pesto and garnish with edible flowers. Prepare the second pizza in the same way. Serve the remaining pesto separately.

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:
Calories: **1128,** Fat **70.9g,** Saturates **17.9g,** Carbohydrate **75g,** Sugars **8.1g,** Fibre **4.7g,** Protein **48.5g,** Salt **1.2g**

Loaded potatoes with cheese and onion

By Fern Green

Serves **2** | *Prep* **15 mins** | *Cook* **40 mins**

- 2 large baking potatoes
- 1 tbsp olive oil
- 1 tsp sea salt
- 4 tbsp unsalted butter,
- 60g (¾ cup) Cheddar or mozzarella, grated
- 3 spring onions/ scallions, finely chopped
- freshly ground black pepper
- crispy salad, to serve

1. Preheat the air fryer to 200°C/400°F.
2. Poke the potatoes with a fork several times, rub with olive oil, then sprinkle over the salt. Air fry for 40 minutes until cooked through and the skin is brown and crispy.
3. Cut each potato in half and load them up with cheese. Sprinkle the spring onions over the top, then air fry for a further minute until the cheese is melting and bubbling. Serve with a crispy salad.

PER SERVING:
Calories: **466,** Fat **32.5g,** Saturates **16.4g,** Carbohydrate **33.2g,** Sugars **3g,** Fibre **4.1g,** Protein **11.9g,** Salt **1.3g**

Spiced potato empanadas

By Fern Green

Makes **8** | *Prep* **10 mins** | *Cook* **35 mins**

- 5 large new potatoes, peeled, diced into small cubes
- 1 large tomato, or 8 cherry tomatoes, chopped
- 1 small onion, peeled, finely chopped
- 1 ready rolled sheet of shortcrust pastry
- 1 tbsp chipotle paste
- 1 free-range egg, beaten
- salt and freshly ground black pepper
- 1 tbsp olive oil

1. Add the onion and potatoes to the bottom tray of the air fryer and drizzle with olive oil. Season to taste. Air fry for 5 minutes at 200°C/400°F.
2. Add the tomatoes, give the tray a shake and cook for a further 5 minutes. Add the paste with 60ml (¼ cup) boiling water and stir through. Cook for a further 5 minutes until the potatoes are cooked through and the water has evaporated. Remove to a bowl and cool.
3. Meanwhile, roll out the pastry and cut 6 x 11cm (4in) rounds either using a cookie cutter, a large glass or small bowl. Re-roll the pastry by scrunching it up and rolling it out again. Use a sprinkling of flour if it starts to stick and cut two more rounds.
4. Once the mixture has cooled, spoon 2-3 teaspoons of the mixture into the centre of each pastry round. Pastry brush egg yolk around each edge.
5. Seal each empanada, cover in egg wash, then cook in the air fryer for 15 minutes, four at a time. You may need to turn over and finish off the other side for a further 5 minutes. Repeat.

PER EMPANADA:
Calories: **188,** Fat **11.8g,** Saturates **2.8g,** Carbohydrate **17.6g,** Sugars **1.4g,** Fibre **1.5g,** Protein **3.3g,** Salt **0.3g**

Bright & beautiful!

Veggie heaven

RECIPES

Create delicious vegetarian meals that the whole family will enjoy...

PUFF PASTRY VEGETABLE PARCELS – P88

Sweet potato and cauliflower curry

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **21 mins**

- 1 red onion, peeled, thickly sliced
- 1 garlic clove, peeled, sliced
- 1 thumb-sized piece of ginger, peeled, thinly sliced
- 200g (7oz) sweet potato, peeled, cut into small chunks
- 200g (7oz) cauliflower florets
- 1 tsp cumin seeds
- ½ tsp fennel seeds
- ½ tsp turmeric
- 1 tsp garam masala
- 1 vegetable stock/bouillon cube
- 1 tin of coconut milk, shaken
- 1 tbsp olive oil
- a bunch of coriander and a naan or flatbread, to serve

1. Air fry the red onion, garlic and ginger in a drizzle of olive oil at 200°C/400°F for 3 minutes. Season with salt, add the sweet potatoes, then shake the drawer and fry for a further 5 minutes.
2. Add the cauliflower and all the spices, season again and give the tray a shake. Air fry for a further 10 minutes.
3. Boil the kettle and add 150ml (¾ cup) to the stock cube. Pour this over the curry and add the coconut milk. Air fry for a further 3 minutes until hot. Serve with flatbread and coriander leaves.

PER SERVING:

Calories: **664,** Fat **55.3g,** Saturates **43.5g,** Carbohydrate **42.6g,** Sugars **12g,** Fibre **10.3g,** Protein **9.8g,** Salt **0.3g**

Squash, spring onion and paneer fritters

By Fern Green

Makes **8** | *Prep* **10 mins** | *Cook* **20 mins** *per batch*

- 225g (8oz) paneer, grated
- 225g (8oz) squash, peeled, grated
- 2 spring onions/scallions, finely chopped
- 1 tsp cumin seeds
- 1 tsp grated ginger
- 2 garlic cloves, peeled, grated
- 2 tbsp fresh coriander, chopped
- 2 tbsp plain/all-purpose flour
- 80g (½ cup) panko breadcrumbs
- olive oil spray
- cucumber raita or yoghurt dip, to serve

1. Place the paneer and squash in a bowl. Add the spring onions, garlic, ginger and cumin and mix thoroughly.
2. In a small bowl, mix the flour with 3 tbsp water to make a paste, then season to taste. Pour the paste mixture over the paneer mixture and use your hands to mix it in thoroughly. Roll into golf ball-sized patties.
3. Place the breadcrumbs on a plate and roll in the patties, covering all sides. Repeat to make around 8 fritters.
4. Place four in the air fryer and spray with olive oil, then cook at 200°C/400°F for 12 minutes until golden and crispy. Repeat with the second batch.
5. Serve with cucumber raita or yoghurt dip.

PER FRITTER:

Calories: **78,** Fat **2.7g,** Saturates **0.5g,** Carbohydrate **9.7g,** Sugars **2.1g,** Fibre **1.2g,** Protein **4.2g,** Salt **0.2g**

Vegan 'meat' kebab with pita, tzatziki and salad

By Redefine Meat (www.redefinemeat.com)

Serves **2-3** | *Prep* **15 mins** | *Cook* **8 mins**

FOR THE KEBAB

1 pack of Redefine Lamb Kofta Mix, thawed

FOR THE TZATZIKI

1 standard size pot of vegan yoghurt

1 cucumber, grated

2-3 garlic cloves, peeled, minced

fresh dill, chopped

salt, to taste

FOR THE SALAD

2 tomatoes, diced

2 cucumbers, diced

a handful of parsley, chopped

salt and freshly ground black pepper, to taste

2 tbsp olive oil (optional)

lemon juice (optional)

TO SERVE

fresh pita bread

red onion rings (optional)

1. Remove the lamb kebab mix from the packaging and gently press the meat onto skewers. Preheat the air fryer to 200°C/400°F.
2. Place the skewers in the air fryer basket and cook for about 8 minutes, flipping halfway through.
3. For the tzatziki, grate the cucumber, then squeeze out any excess liquid. Mix with the yoghurt, minced garlic and dill, then season to taste.
4. Mix all the salad ingredients together and season to taste. Add olive oil and lemon juice if desired.
5. Warm the pita bread in the air fryer, then spread a generous layer of tzatziki onto each one. Place the kebab on top, add the salad and garnish with red onion rings if desired.

***TIPS:** It's important to thaw the lamb kebab mix in the fridge overnight or at least 6-8 hours before preparation. If using wooden skewers, soak in water for about 30 minutes before using.*

PER SERVING:

Calories: **446,** Fat **27.3g,** Saturates **4g,** Carbohydrate **30.2g,** Sugars **7.3g,** Fibre **8.7g,** Protein **24.7g,** Salt **0.8g**

Puff pastry vegetable parcels

Serves **4** | *Prep* **30 mins** | *Cook* **30 mins**

FOR THE FILLING

2 tbsp olive oil
1 red onion, peeled, finely diced
2 garlic cloves, peeled, finely diced
1 red pepper, finely diced
½ a yellow pepper, finely diced
1 tsp chopped herbs, e.g thyme, oregano
1 small courgette/zucchini, diced
80g (½ cup) frozen peas, thawed
5½ tbsp double/heavy cream
salt and freshly ground black pepper
1 plum tomato, deseeded, diced
200g (7oz) mozzarella, diced

FOR THE PARCELS

1 ready-rolled puff pastry sheet
1-2 tbsp breadcrumbs
1 free-range egg
1 tbsp milk
spray oil

FOR THE SALAD

3 handfuls of mixed lettuce leaves
1 tbsp lemon juice
1 tbsp white balsamic vinegar
½ tsp mustard
4 tbsp olive oil
2 handfuls of rocket/arugula
½ a yellow pepper, diced

1 For the filling, heat the olive oil in a pan and gently fry the onion and garlic until lightly golden. Add the peppers and herbs and cook briefly. Stir in the courgette and peas and cook for 3 more minutes. Pour in the cream and let it bubble and evaporate. Season with salt and pepper and cool slightly. Mix in the tomato and mozzarella, then season to taste.

2 Preheat the air fryer to 180°C/360°F. Meanwhile, unroll the puff pastry and cut into 16 squares. Sprinkle breadcrumbs in the centre of 8 pieces and divide the vegetable mixture on top.

3 Separate the egg and brush the pastry edges with egg white. Roll out the remaining pastry squares slightly larger, place on top as lids and seal the edges using the prongs of a fork. Mix the egg yolk with milk and brush over the parcels.

4 Spray the air fryer basket with oil, place the parcels inside, then cook for 20 minutes until golden brown.

5 Meanwhile, for the salad, tear or cut the salad leaves into smaller pieces. In a bowl, mix the lemon juice, vinegar, salt, pepper, mustard and oil. Add the rocket, pepper and salad leaves and toss well.

6 Place the salad on plates, arrange the pastry parcels on top, garnish with herbs and serve.

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:
Calories: **506,** Fat **37.6g,** Saturates **10.4g,** Carbohydrate **16.6g,** Sugars **6.2g,** Fibre **2.8g,** Protein **26.9g,** Salt **0.7g**

Asparagus and lemon risotto arancini

Makes **10** | *Prep* **15 mins** | *Cook* **1 hr** *(including the risotto)*

FOR THE RISOTTO

- 1 onion, peeled, chopped
- 2 tbsp olive oil
- 250g (1 cup) Arborio rice
- 4 garlic cloves, peeled, sliced
- 3 tbsp white wine
- 1.3ltr (5½ cups) vegetable stock/bouillon
- 4 tbsp nutritional yeast/Parmesan
- 1 tsp sea salt
- freshly ground black pepper, to taste
- finely grated zest of 2 lemons
- 200g (7oz) asparagus, chopped

FOR THE ARANCINI

- 300g (10½oz) leftover asparagus and lemon risotto (see left)
- 50g (¼ cup) mozzarella, cubed
- 50g (¾ cup) breadcrumbs
- 1 free-range egg, beaten (or plant-based alternative)
- 3 tbsp aioli

1. For the risotto, heat the olive oil in a large pan over a low-medium heat. Add the onion and cook for 8-10 minutes until soft. Stir in the garlic and cook for 1 minute, then add the rice and stir for 1 minute to coat. Pour in the white wine and cook until evaporated.
2. Gradually add the vegetable stock, one ladle at a time, stirring until the liquid is absorbed before adding more.
3. Once the rice is cooked, stir in the lemon zest, nutritional yeast, sea salt, black pepper and asparagus. Cook for another 3-4 minutes until the asparagus is tender.
4. For the arancini, preheat the air fryer to 180°C/360°F.
5. Shape the risotto into balls, placing a cube of mozzarella into the centre of each. Dip each ball into the beaten egg and coat with breadcrumbs.
6. Air fry for 10-12 minutes, shaking halfway through, until golden and crisp. Serve with aioli.

PER ARANCINI:

Calories: **170,** Fat **5.1g,** Saturates **1.6g,** Carbohydrate **25.7g,** Sugars **1.3g,** Fibre **1.5g,** Protein **5g,** Salt **0.3g**

Pea, mint and potato pies

Makes **8** | *Prep* **15 mins** | *Cook* **15 mins**

1 medium potato, peeled, boiled
1 small onion, peeled, sliced
2 garlic cloves, peeled, sliced
150g (1 cup) peas, cooked
3 tbsp fresh mint, chopped
juice of ½ a lemon
salt and freshly ground black pepper, to taste

FOR THE DOUGH

200g (1¼ cups) self-raising flour
150g (½ cup) plant-based natural yoghurt
a pinch of sea salt

1 Roughly mash the boiled potato with the onion, garlic, peas, mint, lemon juice, salt and pepper.

2 To make the dough, mix the flour, yoghurt and a pinch of salt in a large bowl until it forms a dough. Knead briefly.

3 Divide the dough and potato mixture into 8 portions. Roll out each piece of dough and fill with the potato mixture. Fold over and crimp the edges.

4 Preheat the air fryer to 200°C/400°F, then cook the pies in batches for 4-5 minutes until crisp and golden.

PER PIE:
Calories: **130,** Fat **0.6g,** Saturates **0.2g,** Carbohydrate **26.2g,** Sugars **2.9g,** Fibre **1.8g,** Protein **4.6g,** Salt **0.4g**

Spring greens and leek parcels

Makes **10** | *Prep* **20 mins** | *Cook* **15 mins**

1 leek, thinly sliced
1 tbsp olive oil
100g (3½oz) spinach, chopped
100g (3½oz) spring greens, shredded
½ tsp sea salt
½ tsp garlic granules
100g (½ cup) cream cheese (or plant-based alternative)
5 filo pastry sheets, halved
olive oil spray

1 In a pan, sauté the leek in olive oil for 5-6 minutes until soft. Add the spinach and spring greens, cooking until wilted. Season with sea salt and garlic granules. Stir in the cream cheese until combined.

2 Place a spoonful of the filling onto the bottom left corner of a filo sheet. Fold over the top to cover, then fold over twice more to create a small square parcel. Spray with olive oil spray. Preheat the air fryer to 180°C/360°F.

3 Air fry the parcels for 7-8 minutes until golden and crisp. You may need to do this in batches depending on the size of your air fryer.

PER PARCEL:
Calories: **111,** Fat **8.3g,** Saturates **3g,** Carbohydrate **7.4g,** Sugars **1.3g,** Fibre **0.8g,** Protein **2.2g,** Salt **0.2g**

Halloumi and roast courgettes on pea mash

Serves **4** | *Prep* **10 mins** | *Cook* **25 mins**

1 large courgette/zucchini, sliced
1 red onion, peeled, chopped
400g (14oz) halloumi, sliced
1 tbsp olive oil
500g (3 cups) peas, cooked
3 tbsp fresh mint, chopped
2 tbsp extra-virgin olive oil
juice of ½ a lemon
salt and freshly ground black pepper

FOR THE TOPPING

toasted seeds
fresh herbs

1. Preheat the air fryer to 180°C/360°F.
2. Toss the courgettes and onion with the olive oil, salt and pepper. Air fry for 10 minutes, shaking halfway through.
3. Add the halloumi slices to the air fryer and cook for a further 15 minutes until golden.
4. Blend the peas with the mint, lemon juice and olive oil to create a smooth mash.
5. Serve the halloumi and vegetables over the pea mash, topped with toasted seeds and fresh herbs.

PER SERVING:
Calories: **436,** Fat **28.7g,** Saturates **11.9g,** Carbohydrate **16.2g,** Sugars **7.4g,** Fibre **4.4g,** Protein **29.4g,** Salt **0.6g**

Veggie schnitzel

By Fern Green

Serves **2** | *Prep* **10 mins** | *Cook* **15 mins** *per batch*

500g (1lb 1oz) mixed vegetables (butternut squash, cauliflower, celeriac, sweet potato)	
100g (1 cup) panko breadcrumbs	
60g (¾ cup) Cheddar, finely grated	
1 free-range egg, beaten	
1 tbsp chopped parsley	
red pepper dip or pesto	
crisp salad, to serve	

1 Peel all the vegetables, then slice into 1cm (½in) thick rounds.

2 Mix the breadcrumbs with the Cheddar and parsley. Dip the veg into the beaten egg, then press into the panko breadcrumbs on both sides. Lay in the air fryer and season. Repeat with all the vegetables. Fit as many in the air fryer as you can, but don't overlap them.

3 Season and spray with olive oil, then air fry for 8 minutes at 180°C/360°F until golden and crispy. Repeat with the remaining veg. Serve with a red pepper dip or pesto and a crisp salad.

PER SERVING:

Calories: **492,** Fat **23.6g,** Saturates **9.6g,** Carbohydrate **38.9g,** Sugars **8g,** Fibre **6.7g,** Protein **21.9g,** Salt **0.8g**

Roasted radishes with garlic chive yoghurt

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **10 mins**

- 200g (7oz) mixed radishes
- 120ml (½ cup) natural Greek yoghurt
- 1 garlic clove, peeled, grated
- 1 tbsp chopped chives
- finely grated zest and juice of ½ a lemon
- olive oil spray
- salt

1 Clean the radishes, remove the leafy end and cut in half. Toss in a bowl with the olive oil, garlic and salt, then spread them evenly on the air fryer tray or basket and cook at 200°C/400°F for 10 minutes until crispy.

2 Mix the remaining ingredients in a bowl, spread the yoghurt mixture out over a plate and place the radishes on top.

PER SERVING:

Calories: **67,** Fat **1.4g,** Saturates **0.3g,** Carbohydrate **7.5g,** Sugars **4.7g,** Fibre **1.7g,** Protein **6.9g,** Salt **0.3g**

Level-up!

Weekend RECIPES

Step it up a notch and create something really special for the weekend...

MOROCCAN-STYLE PARSNIP AND GREEN OLIVE STEW – P101

Perfect steak

By Pip Payne

Serves **4** | *Prep* **5 mins** | *Cook* **8-12 mins**

4 ribeye or sirloin steaks (about 225g (8oz) each)

spray oil

salt and freshly ground black pepper

FOR THE SALSA VERDE

1 large garlic clove, peeled

3 tinned anchovy fillets, patted dry with kitchen paper, roughly chopped

finely grated zest of 1 lemon

a large handful of parsley

a large handful of basil

a small handful of mint leaves

1 tbsp capers

1 tsp Dijon mustard

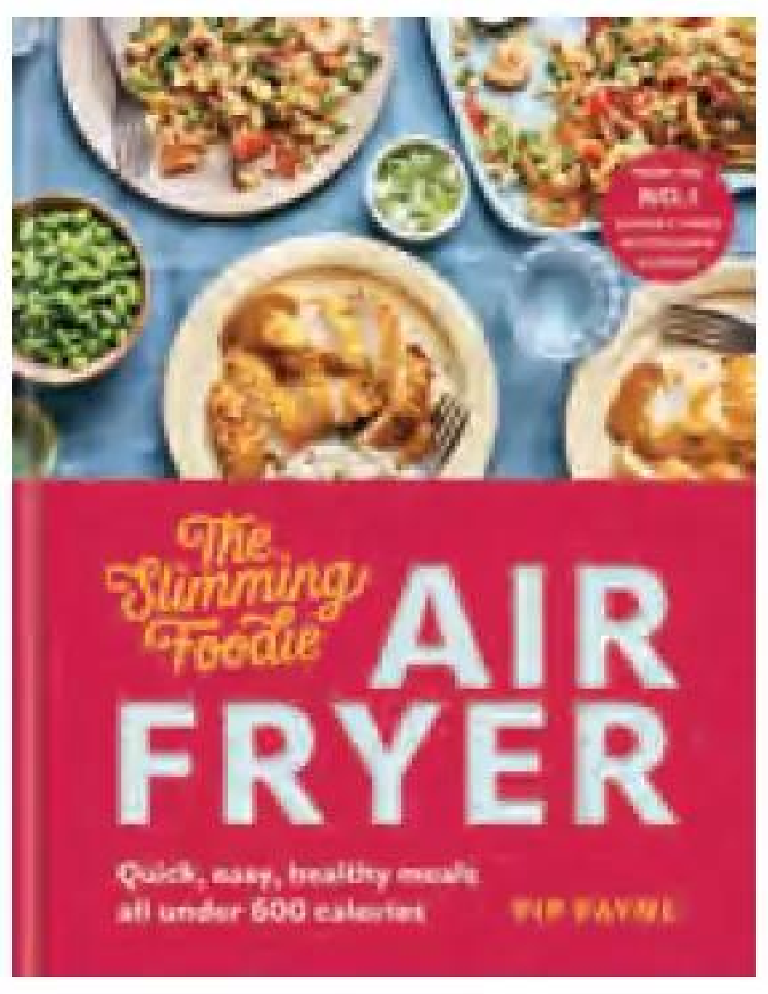
2 tbsp red wine vinegar

1 tsp olive oil

1 ice cube

1. Remove the steak from the refrigerator at least 30 minutes before cooking. Preheat both air fryer drawers to 200°C/400°F. If you only have a single air fryer, you will need to do this in stages.
2. Spray each steak with oil on both sides and season with salt and pepper. Lay 2 steaks in each drawer by placing them at a diagonal angle – you should be able to fit them in easily, but don't overlap them. Cook for 6 minutes, then use silicone tongs to flip them over and cook for an extra 2 minutes. This should give you a lovely medium-rare result. For medium, give them an extra 2 minutes, or for well done, another 2 minutes. (Obviously steaks vary in thickness, so you may need to slightly adjust these cooking times to get the perfect result for you.)
3. Transfer the steaks to a warm plate and let them rest for a few minutes while you prepare the salsa verde.
4. Place all the salsa ingredients in a mini chopper or blender and purée until you have a smooth sauce. The ice will help to keep the herbs a bright, vivid green.
5. Serve the steak drizzled with salsa verde, or serve the sauce on the side if you prefer.

Recipe taken from *The Slimming Foodie Air Fryer* by *Pip Payne*, published by Hamlyn, £20.



PER SERVING:

Calories: **525,** Fat **36g,** Saturates **15g,** Carbohydrate **1.6g,** Sugars **1.4g,** Fibre **0.5g,** Protein **49g,** Salt **1.9g**

Individual beef Wellingtons

By Make it Scotch (www.makeitscotch.com)

Serves **4** | *Prep* **35 mins** *plus chilling* | *Cook* **25 mins**

- 4 x 170g (6oz) Scotch fillet steaks
- 1 tbsp olive oil
- 2 banana shallots, peeled, finely chopped
- 600g (1lb 4oz) chestnut mushrooms, finely chopped
- 2 garlic cloves, peeled, finely chopped
- a few thyme sprigs
- 150ml (⅔ cup) white wine
- ¼ tsp salt
- 8 slices of prosciutto
- 1 large free-range egg, beaten
- 2 x 320g (11oz) sheets of ready rolled puff pastry
- greens of your choice, to serve
- horseradish sauce, to serve

1. Remove the steaks from the fridge 30 minutes before cooking. Preheat the air fryer to 220°C/440°F. Rub ½ tbsp olive oil all over the steaks, then air fry for 3 minutes on each side for pink meat. Cover in foil and set aside to rest.
2. For the mushroom filling, heat the remaining olive oil in a large frying pan over a medium heat. Add the shallots and mushrooms and fry for 10 minutes until the shallots have softened and any liquid from the mushrooms has evaporated.
3. Add the garlic and thyme and stir for a couple more minutes.
4. Turn up the heat and add the white wine. Reduce the liquid to almost nothing and season generously with pepper and ¼ tsp salt. Set aside to cool completely and remove the thyme sprigs.
5. Once your steaks have rested, pat dry with kitchen paper. Lay out two slices of prosciutto on a chopping board so they are slightly overlapping. Spread over the cooled mushroom mixture in the middle of the slices, slightly bigger than the size of your steaks. Place a steak on top of the mushroom mixture, top the steak with more of the mushrooms and wrap the steak carefully in the prosciutto slices so they have a layer of the mushroom mixture around them and there are no gaps in the prosciutto. Repeat with the other steaks, then wrap each one in clingfilm and refrigerate for 30 minutes.
6. Unroll the puff pastry sheets and cut each sheet into quarters. Place a steak in the middle of one of the quarters, brush round the border with beaten egg and place another quarter of the pastry on top. Gently press down so the steaks are well sealed and there are no air pockets. Crimp around the edges using your fingers, or mark the edges with the back of a fork to seal. Glaze the outside of the pastry with more beaten egg and score the top of the Wellingtons with the back of a knife. Chill while you assemble the other Wellingtons.
7. Preheat the air fryer to 200°C/400°F. Place a sheet of baking parchment in the bottom of the basket and cook two of the Wellingtons at a time for 15 minutes until the pastry is puffed up and golden, leaving the remaining two to chill in the fridge. Leave to rest while you cook the remaining two Wellingtons. (15 minutes will give you pink meat, 20-25 minutes will be more well done).
8. Serve with some air fried greens of your choice and gravy or horseradish to taste.

PER SERVING:

Calories: **1274,** Fat **79.5g,** Saturates **22g,** Carbohydrate **80.4g,** Sugars **5.5g,** Fibre **4.3g,** Protein **56.1g,** Salt **1.3g**

Cheeseburger sliders

By Cathy Yoder (www.empoweredcooks.com)

Makes ***12*** *| Prep* ***10 mins*** *| Cook* ***13 mins*** *per batch*

900g (2lb) lean minced/ground beef

2 tsp garlic powder

1 tsp salt

2 tsp freshly ground black pepper

1 white onion, peeled, diced

12 mini rolls

cheese slices

FOR THE GLAZE

60g (¼ cup) butter, melted

½ tsp salt

2 tbsp brown sugar

1 tbsp Worcestershire sauce

2 tbsp Dijon mustard

½ tbsp sesame seeds

1. Mix the beef, garlic powder, salt and pepper in a medium-sized bowl. Press the beef into the bottom of the air fryer basket, creating one large patty about the size of the rolls together. You will need to do this whole process in two batches.
2. Air fry at 190°C/370°F for 8-10 minutes until the beef is no longer pink or reaches 80°C/160°F. Add the diced onion halfway through cooking.
3. Remove the patty from the air fryer basket. Drain any excess grease and wipe down the basket.
4. Slice the rolls in half with a bread knife without breaking them apart. Place the bottom half of the rolls in the air fryer basket. Place the large hamburger patty on top of the rolls and top with cheese slices. Place the top half of the rolls on top of the patty.
5. Mix the glaze ingredients together in a small bowl until well combined, then use to brush the tops of the rolls.
6. Air fry for 2-3 minutes at 170°C/330°F, or until the cheese melts and the tops are brown. Sprinkle with sesame seeds, slice into sliders, then serve.

PER SLIDER:

Calories: **199,** Fat **9.8g,** Saturates **5g,** Carbohydrate **9.3g,** Sugars **2g,** Fibre **0.6g,** Protein **18.6g,** Salt **0.5g**

Mini lamb hotpots with fresh mint sauce

By Make it Scotch (www.makeitscotch.com)

Serves **4** | *Prep* **25 mins** | *Cook* **45 mins**

- 600g (1lb 4oz) Scotch lamb leg steaks or neck fillet, cut into 2cm (¾in) pieces
- 1 tsp salt
- 4 heaped tsp onion marmalade or chutney
- 1 carrot, peeled, chopped into small dice
- 1 onion, peeled, finely chopped
- 4 rosemary sprigs, finely chopped
- 2 garlic cloves, peeled, finely chopped
- 1¼ tbsp plain/all-purpose flour
- 200ml (1 cup) lamb stock/bouillon
- 4 tbsp Worcestershire sauce
- 6 potatoes, peeled, very thinly sliced
- olive oil, for brushing
- a bunch of mint, finely chopped
- 1 tbsp caster/superfine sugar
- 2 tbsp red wine vinegar
- salt and freshly ground black pepper, to taste
- mint sauce, to serve
- veggies of your choice, to serve

1. Put the chopped lamb, ½ tsp salt, a good grinding of black pepper, onion marmalade or chutney, carrot, onion, rosemary, garlic and flour in a large bowl. Mix together until well combined, then divide evenly between four large ramekins (roughly 10cm (4in) in diameter).
2. Add 1 tbsp Worcestershire sauce to each ramekin along with 50ml (¼ cup) lamb stock.
3. Preheat the air fryer to 180°C/360°F. Slice the potatoes using a mandolin or the slicer attachment of a food processor, then arrange in concentric circles on top of each hotpot so they are slightly overlapping. Press down gently so you have a few layers. Brush a little olive oil over the top of the potatoes and cover each ramekin with foil. Cook in the air fryer for 30 minutes.
4. Meanwhile, make the mint sauce by adding the chopped mint, sugar, vinegar, remaining salt and 3 tbsp boiling water to a bowl. Mix well and season to taste.
5. Turn the air fryer up to 200°C/400°F and remove the foil from the hotpots for the last 10 minutes of cooking so the potatoes can get crispy.
6. Serve with the fresh mint sauce and vegetables of your choice.

PER SERVING:

Calories: **566,** Fat **40.2g,** Saturates **16.9g,** Carbohydrate **26.6g,** Sugars **12g,** Fibre **2.3g,** Protein **25g,** Salt **0.9g**

Moroccan-style parsnip and green olive stew

By Waitrose and Partners (www.waitrose.com)

Serves **4** | *Prep* **15 mins** | *Cook* **25 mins**

- 4 parsnips, scrubbed and cut into 3cm (1¼in) chunks
- 1 large orange pepper, sliced into thick strips
- 1 onion, peeled, cut into 8 wedges
- 1 tbsp olive oil
- 3 tbsp Belazu tagine paste
- 250ml (1 cup) vegan vegetable stock/ bouillon
- 100g (½ cup) pitted green olives
- 400g (14oz) tinned chickpeas, rinsed, drained
- 4 Medjool dates, halved lengthways, stoned
- ½ finely grated zest and juice of ½ a lemon
- 200g (1 cup) wholewheat couscous
- a small handful of mint, leaves picked

1. Preheat the air fryer to 180°C/360°F and make sure the grate is inserted in the base of the bowl. Toss the parsnips, pepper and onion in the oil and season. Tip into the air fryer and cook for 10 minutes, stirring halfway through.
2. Carefully remove the grate so the vegetables are sitting directly in the bowl. Add the tagine paste, stock, olives, chickpeas, dates and lemon zest. Stir well, then cook for another 12 minutes, stirring halfway. Add the lemon juice, then keep the tagine warm by turning the air fryer to its lowest heat setting.
3. Meanwhile, put a kettle on to boil and put the couscous in a heatproof bowl. Pour over 250ml (1 cup) just-boiled water. Cover and leave to absorb for 6 minutes. Fluff up with a fork, then serve in warm bowls with the stew. Scatter over the mint leaves.

PER SERVING:

Calories: **467,** Fat **12.3g,** Saturates **1.4g,** Carbohydrate **77.6g,** Sugars **15.8g,** Fibre **11.2g,** Protein **13.7g,** Salt **0.4g**

Barabrith

By Katy Greenwood

Serves **10** | *Prep* **15 mins** *plus soaking overnight* | *Cook* **1 hr 15 mins**

300g (⅔ cup) mixed dried fruit
250ml (1 cup) hot strong black tea
50g (1¾oz) unsalted butter
2 tbsp marmalade
1 free-range egg
300g (2½ cups) self-raising flour
100g (½ cup) dark brown sugar
2 tsp mixed spice

1. Add the dried fruit to a heatproof bowl and pour over the hot tea. Leave to soak overnight.
2. The next day, grease a 900g (2lb) loaf tin and line with baking parchment.
3. In a small saucepan, melt the butter with the marmalade. Leave to cool for 5 minutes, then beat in the egg.
4. Add all the dry ingredients to a large bowl, stirring everything together and making sure there are no lumps of sugar. Make a well in the centre of the dry ingredients and pour in the butter mixture, the soaked fruit and any liquid left in the bowl. Stir together well, then spoon into the prepared tin.
5. Preheat the air fryer to 140°C/285°F. Once hot, cook the barabrith for 1 hour 15 minutes. Remove from the air fryer and leave to cool in the tin before serving.

Recipe taken from *Super Simple Air Fryer Baking* by *Katy Greenwood*, photography by Ant Duncan, published by Hardie Grant, £12.99.

Super Simple
Air Fryer
Baking

PER SERVING:

Calories: **304,** Fat **5.5g,** Saturates **2.5g,** Carbohydrate **58.7g,** Sugars **30g,** Fibre **1.9g,** Protein **7.1g,** Salt **0.4g**

Naughty but nice!

Sweet treats

RECIPES

Indulge your sweet tooth with these simple and divine treats that are sure to put a smile on your face...

MINI RHUBARB AND GINGER CRUMBLES – P113

Recipe and photo © Stockfood, The Food Media Agency

Crème brûlée

Makes **4-6** | *Prep* **20 mins** | *Cook* **20 mins** *plus chilling*

- 250ml (1 cup) double/heavy cream
- 2 large free-range eggs
- 3 large free-range egg yolks
- 400ml (1⅔ cups) sweetened condensed milk
- 2 tsp vanilla bean paste
- a pinch of salt
- 3-4 tbsp caster/superfine sugar

1. Whisk the double cream in a bowl with the eggs and egg yolks. Add the condensed milk and whisk until smooth. Mix in the vanilla paste and salt.
2. Preheat the air fryer to 130°C/260°F. Pass the egg mixture through a fine sieve, then divide between 4-6 ovenproof ramekins.
3. Place the ramekins in the air fryer basket and cook for 16-20 minutes until set around the edges. Remove and cool on a rack, then chill for 3 hours or overnight.
4. Before serving, sprinkle the surface with caster sugar and caramelise with a cook's blow torch (or under a hot grill) until the sugar is golden brown. Allow to cool and set before serving.

PER SERVING:

Calories: **275,** Fat **21.2g,** Saturates **12.1g,** Carbohydrate **15g,** Sugars **14.8g,** Fibre **0g,** Protein **6.2g,** Salt **0.1g**

Rhubarb tart crumble

Serves **8-10** | *Prep* **25 mins** | *Cook* **35 mins** *plus chilling*

FOR THE CRUMBLE BASE

300g (2⅓ cups) plain/all-purpose flour

120g (½ cup) caster/superfine sugar

a pinch of salt

160g (⅔ cup) chilled butter, diced

FOR THE FILLING

400g (14oz) rhubarb, trimmed, cut into small pieces

100g (3½oz) raspberries

60g (¼ cup) caster/superfine sugar

1 tsp vanilla extract

1 tbsp cornflour/cornstarch

FOR THE CUSTARD

250ml (1 cup) milk

3 tbsp custard powder

50g (just under ¼ cup) caster/superfine sugar

1 free-range egg yolk

50g (just under ¼ cup) softened butter

1 For the base, combine the flour, sugar and salt in a bowl. Add the cold butter and rub in with your hands until crumbly. (Alternatively, pulse in a food processor.) Press about two-thirds of the mixture into a 22cm (9in) greased loose-based tart tin to cover the base and sides. Chill until needed.

2 Place the rhubarb in a pan with the raspberries, sugar and vanilla, stirring, until the mixture is bubbling and the rhubarb has softened. Cool and mix in the cornflour.

3 For the custard, mix 100ml (½ cup) milk with the custard powder. Bring the remaining milk and sugar to the boil in a pan. Gradually stir in the custard powder mixture and bring to the boil. Remove from the heat, vigorously stir in the egg yolk, then cover with clingfilm. Leave to cool, then stir in the butter.

4 Spread the custard over the base and spread the rhubarb mixture on top. Sprinkle over the remaining crumble then cook in the air fryer at 160°C/320°F for 35 minutes. Cool completely and chill for 2 hours before serving.

PER SERVING:

Calories: **392,** Fat **19g,** Saturates **11.6g,** Carbohydrate **52.1g,** Sugars **25.3g,** Fibre **2.9g,** Protein **5.2g,** Salt **0.2g**

Recipe and photo © Stockfood, The Food Media Agency

Blueberry roll ups

By Fern Green

Makes **8** | *Prep* **10 mins** | *Cook* **6 mins** *per batch*

- 1 pack of ready rolled puff pastry
- 200g (¾ cup) fresh blueberries
- 100g (⅓ cup) blueberry jam
- 2 tbsp unsalted butter, melted
- 2 tsp granulated sugar
- 1 tsp cinnamon
- 1 free-range egg yolk, beaten
- 1 tbsp icing sugar, for dusting

1. Roll out the pastry on a floured surface and brush melted butter all over. Spoon over blueberry jam and spread evenly. Top with blueberries and sprinkle with cinnamon.
2. Roll up the pastry from the long end, then pinch up the pastry until closed. Slice the dough into 5cm (2in) thick rounds and turn on their back so the roll faces up.
3. Preheat air fryer to 180°C/360°F. Brush the rolls with egg wash, place four at a time in the air fryer, then cook for 6 minutes until golden and crispy.

PER ROLL UP:
Calories: **218,** Fat **12.1g,** Saturates **3.8g,** Carbohydrate **25.4g,** Sugars **10.3g,** Fibre **1.3g,** Protein **2.5g,** Salt **0.1g**

Carrot cake cookies

Makes **16** | *Prep* **15 mins** | *Cook* **8 mins**

- 75g (¾ cup) ground almonds
- 100g (1 cup) oats
- 1 tsp cinnamon
- ½ tsp mixed spice
- 1 tsp baking powder
- 3 tbsp sugar
- 200g (1 cup) medjool dates, pitted
- 2 tbsp tahini
- 1 tsp vanilla extract
- 100g (½ cup) plant-based milk
- 100g (½ cup) mixed dried fruit
- 120g (1 cup) grated carrots

1. Add the dry ingredients (almonds, oats, cinnamon, mixed spice, baking powder and sugar) to a food processor and blitz into a fine crumb. Add the dates, tahini and vanilla extract, then blitz again to create a chunky crumb.
2. Transfer to a bowl and mix in the milk, dried fruit and grated carrots until well combined.
3. Preheat the air fryer to 180°C/360°F and spray the basket with oil spray.
4. Shape the mixture into small cookies and place on the basket. Air fry for 8 minutes, turning halfway through, until golden. Cool before serving.

PER COOKIE:
Calories: **134,** Fat **4.1g,** Saturates **0.5g,** Carbohydrate **23.4g,** Sugars **14.9g,** Fibre **3g,** Protein **3.1g,** Salt **trace**

Baked coconut bananas with chocolate ginger sauce

Serves **4** | *Prep* **10 mins** | *Cook* **5-6 mins**

FOR THE SAUCE

- 30g (⅓ cup) fresh ginger, peeled, finely diced
- 2 tbsp caster/superfine sugar
- 120ml (½ cup) double/heavy cream
- 100g (½ cup) good quality dark chocolate, finely chopped

FOR THE BANANAS

- 1 free-range egg
- 3 tbsp coconut liqueur
- 120g (1½ cups) desiccated coconut
- ½ tsp vanilla extract
- 2 tbsp caster/superfine sugar
- 50g (⅓ cup) plain/all-purpose flour
- 3 ripe bananas, peeled
- spray oil

1 For the sauce, heat the ginger and sugar in a pan until the sugar has melted. Add the cream and stir briefly until it comes to the boil. Add the chocolate, remove the pan from the heat, stir everything until smooth, then set aside.

2 For the bananas, whisk the egg with the coconut liqueur in a small bowl. Place the desiccated coconut in a shallow dish. In a second dish, mix the vanilla, sugar and flour.

3 Preheat the air fryer to 180°C/360°F. Peel the bananas, cut them into 3-4cm (1-1½in) pieces, then coat first in the flour mixture, then dip into the beaten egg, and finally roll in the desiccated coconut to coat.

4 Lightly spray the air fryer basket with oil. Lightly spray the banana pieces with oil, place into the basket and cook for 5-6 minutes until golden brown.

5 Arrange the baked bananas on plates and serve with the chocolate ginger sauce.

PER SERVING:

Calories: **702,** Fat **41.2g,** Saturates **26.6g,** Carbohydrate **73.8g,** Sugars **41.7g,** Fibre **8.9g,** Protein **14g,** Salt **0.1g**

Recipe and photo © Stockfood, The Food Media Agency

Lemon tarts

By Dominique Eloïse Alexander and Isobel Hossack

Makes **4-5** | *Prep* **30 mins** *plus chilling* | *Cook* **38-42 mins**

1 large free-range egg

75g (⅓ cup) caster/superfine sugar

80ml (⅓ cup) double/heavy cream

2 large lemons, 1 finely zested, both juiced

TO SERVE

icing/powdered sugar (optional)

crème fraîche (optional)

FOR THE SHORTCRUST PASTRY

200g (1⅔ cups) plain/all-purpose flour

100g (½ cup) cold butter, cubed

2 tsp caster/superfine sugar

2-3 tbsp cold milk or water

1 For the pastry, add the flour and butter to a mixing bowl. Crumble the butter with your fingertips, pressing firmly to squish it with the flour. Mix more flour with the butter and keep rubbing until the mixture looks like fine breadcrumbs. Stir through the sugar.

2 Add the milk or water, one tablespoon at a time, using a metal spoon or knife to bring the dough together.

3 Lightly use your hands to shape into a ball, then cover in clingfilm or pop in an airtight container until ready to use. (You don't need to chill it yet or it'll be hard to roll!)

4 Roll out the pastry until it is the thickness of a pound coin (3mm/⅛ inch). Cut circles of pastry a little larger than 10cm (4in) and line 4-5 tins gently, pushing the pastry into each corner carefully. Chill in the fridge for 30 minutes.

5 Remove them from the fridge and line each with a piece of baking paper. Fill with baking beans or uncooked rice and air fry at 160°C/325°F for 10 minutes. Carefully remove the beans or rice and baking paper and air fry for a further 5-8 minutes until light golden brown on the base.

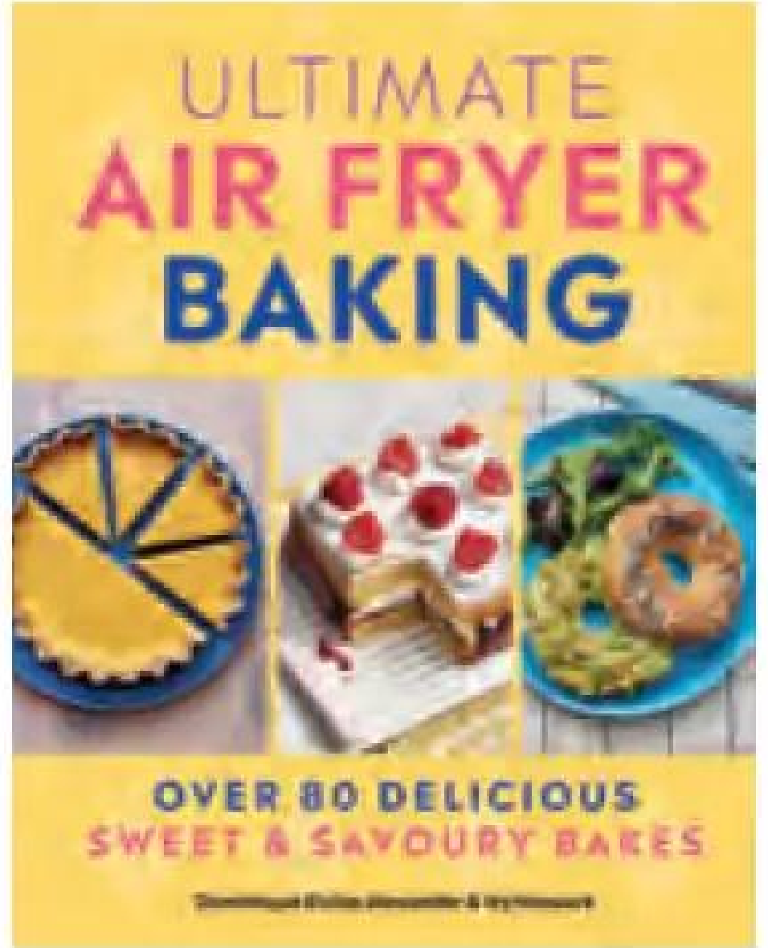
6 Meanwhile, in a jug, whisk together the egg, sugar, cream, lemon zest and juice.

7 Pour the lemon cream into the baked tart cases, then cover with the base of a loose-bottomed cake tin and air fry at 140°C/270°F for 20 minutes. Remove the cake tin base and bake for a further 3-4 minutes. They might still have a wobble in the middle but will set as they cool.

8 Leave to cool in the air fryer basket for 20 minutes, then carefully remove and cool for a further hour in the tins.

9 Serve with a sprinkling of icing sugar and a dollop of crème fraîche (or some extra double cream), if desired.

Recipe taken from *Ultimate Air Fryer Baking* by *Dominique Eloïse Alexander and Isobel Hossack*, published by Hamlyn, £22.



PER TART:
Calories: **603,** Fat **34g,** Saturates **19.4g,** Carbohydrate **61.7g,** Sugars **22.2g,** Fibre **1.4g,** Protein **13.5g,** Salt **0.3g**

Raspberry cheesecake éclairs

By Dominique Eloïse Alexander and Isobel Hossack

Makes **6-8** | *Prep* **20 mins** | *Cook* **25 mins**

FOR THE ÉCLAIRS

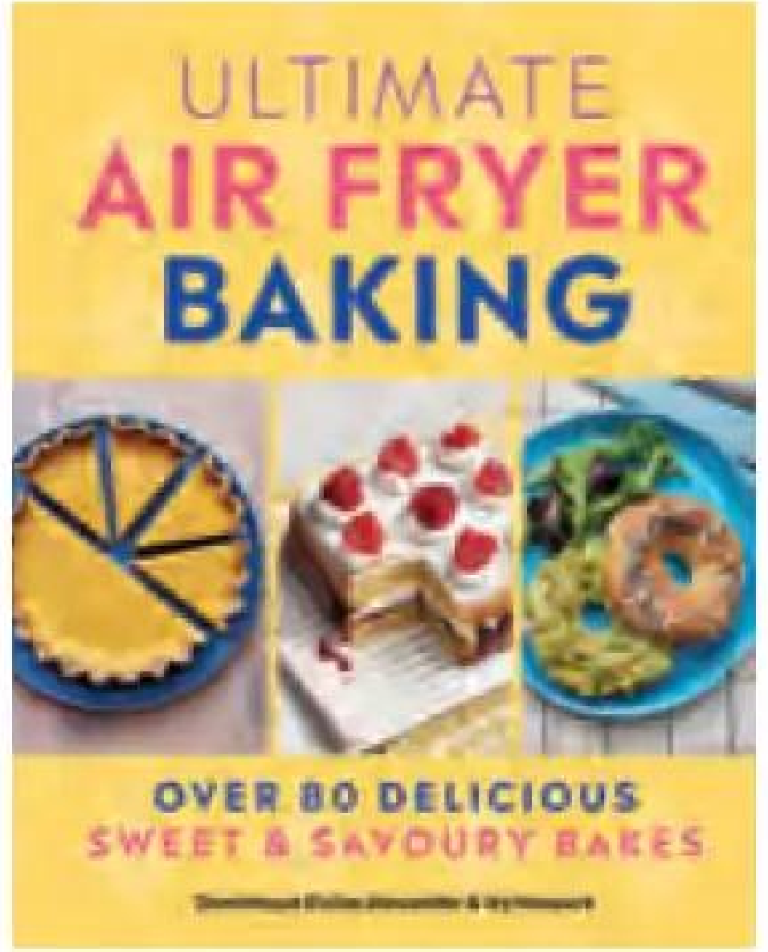
- 100ml (½ cup) double/heavy cream
- 150g (½ cup) cream cheese
- 1 tsp instant custard powder
- 1 tsp vanilla extract or paste
- 3-4 tbsp raspberry jam
- 1 digestive or ginger nut biscuit
- 20g (¾oz) freeze-dried raspberries

FOR THE CHOUX PASTRY

- 125g (½ cup) water
- 50g (¼ cup) unsalted butter
- 70g (¼ cup) plain/all-purpose flour
- 2 free-range eggs, well beaten

1. For the choux pastry, add the water and butter to a small saucepan and place over a low heat until the butter is melted. Increase the heat and bring to a boil, then immediately add the flour and beat well with a wooden spoon. Let cook out for a few minutes until it sticks to itself and is smooth. Remove from the pan and pop into a large bowl to cool. Spread the mixture out up the sides to speed up the cooling.
2. When completely cool, add the egg a small amount at a time, beating well between each addition (you may find this easier with an electric hand whisk). Add enough egg to make a dropping consistency: when you lift your spoon or whisk up, it should easily drop off back into the bowl. Fill a piping bag with the pastry.
3. Line the base of your air fryer with a parchment or silicone liner. Pipe the mixture in lines, leaving a 4cm (1½in) gap between each as they will grow! Use scissors to cut the pastry off the nozzle and use a little dab of water to push down any points.
4. Air fry at 180°C/350°F for 17 minutes, then reduce the temperature to 160°C/325°F and continue to bake for 5 minutes until puffed up and golden brown. Depending on the size of your air fryer basket, you may need to cook these in 2 batches.
5. Remove straight away from the air fryer, using silicone tongs, then poke a hole in the bottom of each with a knife before leaving to cool completely on a wire rack. Once cool, slice in half down the centre like a hot dog bun.
6. Add the cream, cream cheese, custard powder and vanilla to a mixing bowl and whisk to stiff peaks. Fold through the raspberry jam until you get lovely pink streaks throughout.
7. Add the cheesecake mixture to a piping bag with a slit nozzle (or cut a long slit in the corner of a sandwich bag) and pipe the filling into each éclair in a wiggly line. Crumble over the biscuit and sprinkle over some freeze-dried raspberries to serve.

Recipe taken from *Ultimate Air Fryer Baking* by *Dominique Eloïse Alexander and Isobel Hossack*, published by Hamlyn, £22.



PER ÉCLAIR:

Calories: **350,** Fat **19.5g,** Saturates **10.4g,** Carbohydrate **13.6g,** Sugars **4.9g,** Fibre **0.6g,** Protein **10.5g,** Salt **0.2g**

Strawberry and pistachio scones

By Pip Payne

Makes **8** | *Prep* **20 mins** | *Cook* **12 mins**

- 250g (2 cups) plain/all-purpose flour, plus extra for dusting
- 2 tsp baking powder
- 1 tbsp caster/superfine sugar
- a pinch of salt
- 25g (1oz) butter, cut into small pieces
- 30g (1oz) fat-free Greek yoghurt
- 1 free-range egg
- 50ml (¼ cup) semi-skimmed milk, plus extra if needed
- 1 tsp vanilla extract
- 150g (5½oz) strawberries, chopped
- 40g (1½oz) shelled unsalted pistachio nuts, crushed

1. Put the flour in a mixing bowl with the baking powder, caster sugar and salt. Add the butter and yoghurt. Use your fingers to rub the butter and yoghurt into the flour, breaking down any lumps and bringing the flour to a crumb-like consistency.
2. Break the egg into a measuring jug and add the milk and vanilla extract. Beat together using a fork or small whisk.
3. Add the chopped strawberries and crushed pistachios to the dry flour mix and stir through. Pour in most of the egg mixture (reserve a small amount to brush over the scones later), then use a knife to bring the wet and dry ingredients together to form a dough (you can use your hands for this once the wet ingredients have mostly combined with the dry). Form the dough into a ball (if it's too sticky just add a little more flour; if it's too dry, add a splash more milk).
4. On a lightly floured surface, lightly press down the dough into a flatter, round shape, about 3cm (1¼in) thick.
5. Preheat both air fryer drawers to 190°C (375°F). If you only have a single air fryer, you will need to do this in batches.
6. Score the dough with a knife to mark out 8 equal pieces (like cutting a pizza), then use a sharp knife to cut out the 8 triangles. Transfer to the air fryer drawers (4 in each, spaced so they are not touching), brush with the remaining egg mix using a pastry brush, then cook for 12 minutes.
7. After this time, the scones should have risen, be a rich golden brown on top and cooked through. These are delicious warm or cold.

PER SERVING:

Calories: **197,** Fat **6.6g,** Saturates **2.4g,** Carbohydrate **27g,** Sugars **3.6g,** Fibre **2.4g,** Protein **5.7g,** Salt **0.4g**

The Slimming Foodie
AIR FRYER
Quick, easy, healthy meals all under 600 calories
PIP PAYNE

Recipe taken from *The Slimming Foodie Air Fryer* by *Pip Payne*, published by Hamlyn, £20.

Mini rhubarb and ginger crumbles

Serves **4** | **10 mins** | *Cook* **8-10 mins**

300g (10½oz) rhubarb, chopped
3 tbsp caster/superfine sugar
1 tsp ground ginger
a splash of water

FOR THE TOPPING

110g (1 cup) plain/all-purpose flour
80g (⅓ cup) caster/superfine sugar
50g (½ cup) oats
½ tsp ground cinnamon
a pinch of salt
50g (¼ cup) vegan butter, melted

1 Toss together the rhubarb with the sugar and ginger in a bowl. Add a splash of water, then divide evenly between 4 small ramekins.

2 Mix the oats, flour, sugar, cinnamon and butter together to create a crumbly topping. Sprinkle over the rhubarb.

3 Preheat the air fryer to 180°C/360°F, then cook the crumbles for 8-10 minutes until the topping is golden and crisp.

PER SERVING:

Calories: **440,** Fat **11.3g,** Saturates **6.6g,** Carbohydrate **82.4g,** Sugars **50.9g,** Fibre **3.8g,** Protein **5.4g,** Salt **0.2g**

Mini scones

Makes **18** | *Prep* **10 mins** | *Cook* **8-10 mins**

200g (1¼ cups) self-raising flour
75g (⅓ cup) plant-based butter, chilled, cubed
1 tsp garlic powder
1 tsp oregano
100ml (½ cup) plant-based milk
a pinch of salt

TO SERVE
plant-based spread with fresh herbs and a pinch of sea salt

1 Rub the butter into the flour, garlic powder and oregano until the mixture resembles breadcrumbs. Gradually add the milk and mix into a dough.

2 Roll out the dough and cut into small rounds using a cutter. Preheat the air fryer to 180°C/360°F.

3 Place the scones in the air fryer basket and cook for 8-10 minutes until risen and golden. Serve warm with herby plant-based spread.

PER SCONE:
Calories: **73,** Fat **3.7g,** Saturates **2.3g,** Carbohydrate **8.7g,** Sugars **0.3g,** Fibre **0.3g,** Protein **1.3g,** Salt **0.2g**

AirFryer COOKBOOK

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